

Workout 1 Heat Assignments

Heat 1 Almost Rx Start time approximately 10:30

Men	Women
David B.	Kendra
Jason	SDW
Emman	Lauren
Sal	Annelise
Diego	Adriana

Heat 2 Almost Rx Start time approximately 11:00

Men	Women
Cooper	Shirley
Delyn	Amanda
D1	Nani
Jose	Katie
Open	Pat

Heat 3 Rx Start time approximately 11:30

Men	Women
Mateo	Stephanie
Chris B.	Cindy
Fred T.	Ellen
Miles	Delaney
Open	Open

Heat 4 Rx Start time approximately 12:00

Men	Women
Phil	Open
Adam A.	Open
Kenny	Open
Vardan	Open
Open	Open

Open – indicates an open slot for someone to participate in the workout. Priority was given to those that signed up for the Throwdown. If you'd like to workout on Saturday but didn't sign up, we can still accommodate you as openings become available.