

2019

January

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Click the links below to add these events to your calendar!

- Holiday Schedule
- Crossfit Open
- 19.1-- 2/21-2/25
- 19.2-- 2/28-3/4
- 19.3-- 3/7-3/11
- 19.4-- 3/14-3/18
- 19.5-- 3/21-3/25
- No Bread 17 (May 1-June 19)
- No Bread 18 (October 1-November 19)

CRAIC EVENTS

- [Add to Cal](#) April 13--The Craic Throwdown
- [Add to Cal](#) May 27-- Memorial Day Murph
- [Add to Cal](#) June 29-- Craic Olympics
- [Add to Cal](#) August 9-- Mock Powerlifting Meet
- [Add to Cal](#) October 11-- Mock Weightlifting Meet
- [Add to Cal](#) October 25-- Halloween Party
- [Add to Cal](#) December 7-- Game of Rowers 3
- [Add to Cal](#) December 13-- Holiday Party

Craic Life Cycles

Craic's programming always aims to train our members for General Physical Preparedness (GPP) with a focus every 6-8 weeks on a different specific fitness element.

- [Life Cycle 1-- 1/7-2/16 CF Open Skills and Prep](#)
- [Life Cycle 2-- 2/18-3/30 CF Open, Pulling Strength, Flow](#)
- [Life Cycle 3-- 4/1-6/28 Squat Volume & Mechanics, Body Weight, Running Endurance](#)
- [Life Cycle 4-- 7/1-8/10 Powerlifting, Beach Season](#)
- [Life Cycle 5-- 8/12-10/5 Monostructural work/Breathing focus](#)
- [Life Cycle 6-- 10/7-11/25 Partner work, Row Prep \(GOR prep\)/ Pulling Volume](#)
- [Life Cycle 7-- 10/25-12/31 Gymnastics/Upper body pulling strength/Squat Gains](#)