

TFW EAST METRO · COTTAGE GROVE, MN

# “INTO THE STORM”

## Official Event Calendar

Challenge: March 16 — May 16, 2026 · Push/Pull Wk 8 continues through May 20

CHALLENGE LAUNCH / END	SPECIAL EVENT	DOUBLE CLASS (Same Eve.)	WEEKLY CLASS	VOLUNTEER EVENT	CELEBRATION	BONUS POINTS DAY	REGISTRATION DEADLINE	POST-CHALLENGE CLASS
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30-DAY HABIT TRACKER

= Registration required or fee applies — see notes table below May

### MARCH 2026

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	<b>16</b> <b>CHALLENGE LAUNCH</b> Into The Storm begins. Team assignments revealed. Earn your first ticket today.	<b>17</b> <b>ST. PATRICK'S DAY</b> Wear green to your workout. Bonus points for your team. All day.	<b>18</b> <b>SHOULDER LAB — WK 1</b> 5:30pm · Shoulder health & mobility · Fee: \$160/8 wks	19	20	21
22	23	<b>24</b> <b>SHRED WEBINAR</b> 7:30pm · FREE Nutritional strategy webinar · Bonus points	<b>25</b> <b>SHOULDER LAB -WK 2</b> 5:30pm · Shoulder health & mobility	26	27	28
<b>29</b> <b>PELVIC FLOOR WORKSHOP</b> 1:00pm · FREE For Men & Women	30	31				

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## APRIL 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>01</b> PUSH/PULL – WK 1 4:30pm · Deadlift & bench technique · Fee: \$160/8 wks SHOULDER LAB – WK 3 5:30pm · Shoulder health & mobility	<b>02</b>	<b>03</b>	<b>04</b>
<b>05</b>	<b>06</b> HABIT TRACKER STARTS 30-Day Tracker begins today · Pick up printed form at dojo · Earn bonus pts	<b>07</b>	<b>08</b> PUSH/PULL – WK 2 4:30pm · Deadlift & bench technique SHOULDER LAB – WK 4 5:30pm · Shoulder health & mobility	<b>09</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> PUSH/PULL – WK 3 4:30pm · Deadlift & bench technique SHOULDER LAB – WK 5 5:30pm · Shoulder health & mobility	<b>16</b> 5K/RUCK – REG. DEADLINE Last day to register for the April 18th Spring 5K / Ruck Walk-Run.	<b>17</b>	<b>18</b> SPRING 5K / RUCK 9:00am · Walk or Run · Pre-registration required by Apr 16 · Bonus pts
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> PUSH/PULL – WK 4 4:30pm · Deadlift & bench technique SHOULDER LAB – WK 6 5:30pm · Shoulder health & mobility	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> PUSH/PULL – WK 5 4:30pm · Deadlift & bench technique SHOULDER LAB – WK 7 5:30pm · Shoulder health & mobility	<b>30</b>		

## MAY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
					<b>01</b>	<b>02</b>
<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b> PUSH/PULL – WK 6 4:30pm · Deadlift & bench technique SHOULDER LAB – WK 8 ✓ 5:30pm · FINAL WEEK of Shoulder Lab	<b>07</b>	<b>08</b>	<b>09</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> HABIT TRACKER ENDS Day 30 · Submit completed tracker to earn bonus points PUSH/PULL – WK 7 4:30pm · Deadlift & bench technique · Bonus pts	<b>14</b>	<b>15</b>	<b>16</b> CHALLENGE ENDS Final day of Into The Storm · Winning team announcement! FEED MY STARVING CHILDREN 2:30–4:00pm · Volunteer event · Pre-registration required PARTY – UNION 32 BREWERY 4:30pm · Celebration open to all dojo members
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>31</b>						

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Official Event Calendar

## EVENT FEES, REQUIREMENTS & NOTES

Event	Fee / Requirement	Notes
Shoulder Lab	\$160.00 total	Starts Wed March 18 at 5:30pm · 8 weeks · Ends Wed May 6 · Fully inside challenge window
Push/Pull Course	\$160.00 total	Starts Wed April 1 at 4:30pm · 8 weeks · Wks 1-7 inside challenge · Wk 8 (May 20) post-challenge
Spring 5K / Ruck Walk-Run	Pre-registration required	Sat April 18 at 9:00am · Registration deadline: Thu April 16
Feed My Starving Children	Pre-registration required	Sat May 16 · 2:30-4:00pm · Must register in advance
30-Day Habit Tracker Wheel	Free — printed form at dojo	Starts Mon April 6 · Ends Wed May 6 (Day 30) · Earn bonus points for completion
Union 32 Brewery Party	Free — open to all dojo members	Sat May 16 starting 4:30pm · Post-volunteer celebration for entire dojo
Open Arms Meal Program Volunteer	TBD	Daytime event · Date still to be confirmed by Brian

**Post-Challenge Note:** Push/Pull Week 8 (Wed May 20) falls 4 days after the challenge ends on May 16. It is marked in purple on the calendar and continues as a standalone class. Confirm with Brian whether this session still carries bonus points.



Scan to Register