



Victory
Fitness
Center

May
18-19

Time:
7 am - 8 pm

WOD With The Troops 2019 is a 2 day fitness competition hosted by 3B Fitness LLC.

Over the **2 day** competition participants will compete as individuals and teams working through 4 separate events in an effort to claim the top spot.

Individuals will compete on **Saturday, MAY 18th**, and 2 Person Teams will compete on **Sunday, MAY 19th**. The event will be open to the public with competitors coming from all over the southeastern US region.

FOR MORE INFORMATION:

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