



**IRON AGE**  
WINNIPEG



**Banditos**  
Weightlifting

# INDIGENOUS STRONG SPORTS Program Schedule

Iron Age Strength  
1493 Erin St, Winnipeg MB



## Powerlifting

## Round 1

### Mondays 6:30-8PM

September 16, 23, 30  
October 7, 14

### Thursdays 6:30-8PM

September 19, 26  
October 3, 10, 17

### Mini Competition

Saturday, October 19

## Olympic Weightlifting

## Round 2

### Mondays 6:30-8PM

October 28  
November 4, 11, 18, 25

### Thursdays 6:30-8PM

October 31  
November 7, 14, 21, 28

### Mini Competition

Saturday, November 30

## Strongman

## Round 3

### Mondays 6:30-8PM

January 6, 13, 20, 27  
February 3

### Thursdays 6:30-8PM

Jan 9, 16, 23, 30  
Feb 6

### Mini Competition

Saturday, February 8

## Program Information

- 5 weeks training for each sport
- Mini-competition at the end of each segment
- All Genders and Physical Ability Levels Welcome
- Age Requirement: 16+
- \$30.00 Registration Fee
- Email Nicole at [nicole.robak@masrc.com](mailto:nicole.robak@masrc.com) for details or to register.