

MEN, YOU'RE INVITED!



+ ST. MICHAEL'S IRON +

MEN'S STRENGTH & BROTHERHOOD SESSION

EVERY FIRST SATURDAY OF THE MONTH
Star of The Sea Gym

ALL MEN. ALL LEVELS.

+ 9:00 – 10:30 AM Open Weight Gym/Basketball

+ 10:30 – 11:00 AM Military Drills

MISSION

- + Grow stronger,
- + Forge discipline,
- + Stand together as brothers.

**SHOW UP. PUT IN THE WORK.
STAND WITH YOUR BROTHERS.**

St. Michael, defend us in battle. +



Peer Led Instruction



BROTHERS IN PRAYER