

2026 Event Overview: Mark Your Calendars

(in chronological order, color coded for similar events)

- InBody Results & Planning Success Workshop: Sat, January 17 11am-12pm
 - Progress Party Week (BOB Checkpoint Week) #1: Mon 1/26 - Sat 1/31
 - The 'Show Up Strong 2026' Challenge Ends: January 31
- Bent On Better Strength University Workshop (Part 1): Sat., February 21
 - Bent On Better Strength University Workshop (Part 2): Sat., March 28
 - Strong For A Cause (*annual charity event*): Saturday, April 25
 - Progress Party Week (BOB Checkpoint Week) #2: Mon 4/27 - Sat 5/2
 - "Moms, Coffee & Strength": Saturday, May 9
 - "The Missing Link To Your Core" Workshop: Saturday, June 6
 - "Fathers, Fitness & Fuel": Saturday, June 20
 - Bent On Better Strength University Workshop (Part 3): Sat., June 27
 - "GLP-1 Workshop" Workshop: Saturday, July 18
 - B.O.B. Staff Celebration & Anniversary Party: Saturday, August 1
 - Progress Party Week (BOB Checkpoint Week) #3: Mon 8/24 - Sat 8/29
- Bent On Better Strength University Workshop (Part 4): Sat., September 19
 - Bent On Better Strength University Workshop (Part 5): Sat., October 24
 - Progress Party Week (BOB Checkpoint Week) #4: Mon 10/26 - Sat 10/31
 - Challenge Start Date: Monday, November 2
 - Challenge End Date: Saturday, December 12
 - Year End Holiday Party: Saturday, December 12

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Bent On Better 2026 Recognized Holidays & Adjusted Hours

(Chronological Order)

- ~~**New Year's Eve 2025** - Wednesday, December 31, 2025~~
~~*(Modified schedule: 8am, 9am, 10am only)*~~
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- ~~**New Year's Day**: Thursday, January 1 **(Closed)**~~
 - **Memorial Day**: Monday, May 25 **(Closed)**
 - **Juneteenth**: Friday, June 19 **(Closed)**
 - **Independence Day**: Saturday, July 4 **(Closed)**
 - **Labor Day**: Monday, September 7 **(Closed)**
 - **Thanksgiving Eve**: Wednesday, November 25
(Modified schedule: 8am, 9am, 10am only)
 - **Thanksgiving Day**: Thursday, November 26 **(Closed)**
 - **Day After Thanksgiving**: Friday, November 27 **(Closed)**
 - **Christmas Eve**: Thursday, December 24
(Modified schedule: 8am, 9am, 10am only)
 - **Christmas Day**: Friday, December 25 **(Closed)**
 - **Day After Christmas**: Saturday, December 26 **(Closed)**
 - **New Year's Eve**: Thursday, December 31
(Modified schedule: 8am, 9am, 10am only)
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- **New Year's Day 2027**: Friday, January 1 **(Closed)**
- **Day After New Year's Day 2027**: Saturday, January 2 **(Closed)**