

# June 2019

## summer workout schedule

May '19							July '19							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
			1	2	3	4			1	2	3	4	5	6
5	6	7	8	9	10	11	7	8	9	10	11	12	13	
12	13	14	15	16	17	18	14	15	16	17	18	19	20	
19	20	21	22	23	24	25	21	22	23	24	25	26	27	
26	27	28	29	30	31		28	29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 OPEN:7-9 AM	4 OPEN:7-9 AM	5	6 OPEN:7-9 AM	7	8
9	10 OPEN:7-9 AM	11 OPEN:7-9 AM	12	13 OPEN:7-9 AM	14	15
16	17 OPEN:7-9 AM	18 OPEN:7-9 AM	19	20 OPEN:7-9 AM	21	22
23	24 OPEN:7-9 AM	25 OPEN:7-9 AM	26	27 OPEN:7-9 AM	28	29
30	1	Notes				

