

June

2019

STRONG, CRIT, FIGHT, FIT, TRAINER'S CHOICE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:15am KAYLIN
2 9:15am JAY	3 8:30AM KATIE 420PM KAYLIN 530PM KAYLIN	4 8:30AM ASHLEY 420PM JAY 530PM JAY	5 8:30AM KAYLIN 420PM MIKE 530PM MIKE	6 8:30AM JAY 420PM JAY 530PM JAY	7 8:30AM KATIE 420PM MIKE 530PM MIKE	8 9:15am ASHLEY
9 9:15am COACH	10 8:30AM KAYLIN 420PM JAY 530PM JAY	11 8:30AM JAY 420PM MIKE 530PM MIKE	12 8:30AM KAYLIN 420PM JAY 530PM JAY	13 8:30AM ASHLEY 420PM KATIE 530PM JAY	14 8:30AM KATIE 420PM ASHLEY 530PM KAYLIN	15 9:15am KATIE
16 9:15am MIKE	17 8:30AM JAY 420PM KAYLIN 530PM KAYLIN	18 8:30AM ASHLEY 420PM JAY 530PM JAY	19 8:30AM KATIE 420PM MIKE 530PM MIKE	20 8:30AM MIKE 420PM JAY 530PM JAY	21 8:30AM KAYLIN 420PM ASHLEY 530PM JAY	22 9:15am MIKE
23 9:15am COACH	24 8:30AM KAYLIN 420PM ASHLEY 530PM MIKE	25 8:30AM JAY 420PM JAY 530PM JAY	26 8:30AM MIKE 420PM KAYLIN 530PM KAYLIN	27 8:30AM AS 420PM JAY 530PM JAY	28 8:30AM KATIE 420PM MIKE 530PM MIKE	29 9:15am ASHLEY
30 9:15am JAY						