

JUNE 2019

SUMMER WEIGHTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Weight Training 10:00-11:00	4 Weight Training 10:00-11:00	5 Weight Training 10:00-11:00	6	7	8
9	10 Weight Training 10:00-11:00	11 Weight Training 10:00-11:00	12 Weight Training 10:00-11:00	13	14	15
16	17 Weight Training 10:00-11:00	18 Weight Training 10:00-11:00	19 Weight Training 10:00-11:00	20	21	22
23	24 Weight Training 10:00-11:00	25 Weight Training 10:00-11:00	26 Weight Training 10:00-11:00	27	28	29
30						