



SUN	MON	TUE	WED	THU	FRI	SAT	
1 RUN CLINIC 12:00 PM SUMMER ARMS 3:00 PM	2	3	4	5	6	7 STRENGTH TRAINING 101 12:00 PM SUMMER ABS 3:00 PM	
8 STRENGTH TRAINING 101 10:00 AM SUMMER ABS 4:00 PM	9	10	11	12	13	14 SUMMER ARMS 11:00 AM SUMMER ABS 5:00 PM	
15 STRENGTH TRAINING 101 10:00 AM SUMMER ARMS 5:00 PM	16	17	18	19	20	21 RUN CLINIC 10:00 AM STRENGTH TRAINING 101 4:00 PM	
22 RUN CLINIC 10:00 AM STRENGTH TRAINING 101 4:00 PM	23	24	25	26	27	28 SUMMER ABS 11:00 AM RUN CLINIC 3:00 PM	
29 SUMMER ABS 11:00 AM SUMMER ARMS 5:00 PM	30 MEMORIAL DAY HOURS 8:00 AM - 2:00 PM	31	MAY				2016