



JUNE						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 STRENGTH
2 ATHLETIC	3 STRENGTH	4 STRENGTH	5 CARDIO	6 PLYO	7	8 ATHLETIC
9 CARDIO	10 ATHLETIC	11 CARDIO	12 STRENGTH	13 STRENGTH	14	15 CARDIO
16 STRENGTH	17 CARDIO	18 PLYO	19 ATHLETIC	20 CARDIO	21	22 STRENGTH
23 ATHLETIC	24 STRENGTH	25 PLYO	26 CARDIO	27 CARDIO	28	29 ATHLETIC
30 CARDIO						