



MAY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
				STRENGTH		CARDIO
5	6	7	8	9	10	11
STRENGTH	CARDIO	PLYO	PLYO	CARDIO		STRENGTH
12	13	14	15	16	17	18
PLYO	STRENGTH	STRENGTH	CARDIO	PLYO		PLYO
19	20	21	22	23	24	25
CARDIO	PLYO	CARDIO	STRENGTH	STRENGTH		CARDIO
26	27	28	29	30	31	
STRENGTH	Y Closed Memorial Day	PLYO	CARDIO	CARDIO		