

# June 2022

| SUNDAY         | MONDAY         | TUESDAY        | WEDNESDAY      | THURSDAY       | FRIDAY | SATURDAY       |
|----------------|----------------|----------------|----------------|----------------|--------|----------------|
|                |                |                | 1              | 2              | 3      | 4<br>Cardio    |
| 5<br>Strength  | 6<br>Athletic  | 7<br>Cardio    | 8<br>Strength  | 9<br>Athletic  | 10     | 11<br>Athletic |
| 12<br>Cardio   | 13<br>Cardio   | 14<br>Strength | 15<br>Athletic | 16<br>Cardio   | 17     | 18<br>Strength |
| 19<br>Athletic | 20<br>Strength | 21<br>Athletic | 22<br>Cardio   | 23<br>Strength | 24     | 25<br>Cardio   |
| 26<br>Strength | 27<br>Athletic | 28<br>Cardio   | 29<br>Strength | 30<br>Athletic |        |                |
|                |                |                |                |                |        |                |