

## June

Mon	Tue	Wed	Thur	Fri	Sat
<b>29</b> <b>MEMORIAL DAY WORKOUT</b> 9-11am	<b>30</b> Upper Body Push	<b>31</b> Upper Body Pull	<b>1</b> Lower Body Blaster	<b>2</b> Abs & Agility	<b>3</b> Bootcamp
<b>5</b> Chest, Tri's & Cardio <small>Weekly Weight Watch Yoga: 5:40 PM &amp; 6:40 PM</small>	<b>6</b> Back, Bi's & Intervals	<b>7</b> Legs & Cardio	<b>8</b> Speed & Core	<b>9</b> Power & Plyos	<b>10</b> Bootcamp
<b>12</b> Cardio & Abs <small>Weekly Weight Watch Yoga: 5:40 PM &amp; 6:40 PM</small>	<b>13</b> Lower Body Strength	<b>14</b> Upper Body Pull Strength	<b>15</b> Upper Body Push Strength	<b>16</b> Body Weight Legs	<b>17</b> Bootcamp
<b>19</b> Upper Body <small>Weekly Weight Watch Yoga: 5:40 PM &amp; 6:40 PM</small>	<b>20</b> Lower Body	<b>21</b> CV Power  <b>ASSESSMENTS</b>	<b>22</b> Abs & Core  <b>ASSESSMENTS</b>	<b>23</b> Total Body	<b>24</b> Bootcamp  <b>ASSESSMENTS</b>
<b>26</b> Legs & Core <small>Weekly Weight Watch Yoga: 5:40 PM &amp; 6:40 PM</small>	<b>27</b> Chest & Back	<b>28</b> Abs, Shoulders & Arms	<b>29</b> Lower Body Power	<b>30</b> Upper Body Power	<b>1</b> Bootcamp