

June 2024

NOTES: Bootcamp starts June 11th. First day is a 2 hour class

WEEK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	26	27	28	29	30	31	01
23	02	03	LB Strength 6a TRX 10am 04	05	Full Body Strength 10am 06	Upper Body 6a 07	08
24	09	10	LB Strength 6a TRX 10am 11 BOOTCAMP STARTS 5p	12	Full Body Strength 10am 13	No Class 14	15
25	16	17	No Class-Prescheduled vacation-bootcamp to be held Wednesday	BOOTCAMP 5pm 19	Full Body Strength 10am 20	Upper Body 6a 21	22
26	23	24	LB Strength 6a TRX 10am 25 BOOTCAMP 5pm	26	Full Body Strength 10am 27	Upper Body 6a 28	29
27	30	01	02	03	04	05	06

July 2024

NOTES: No Classes the week of July 4th. Also note Friday Class for July 26th will be held on Thursday July 25th

WEEK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
27	30	01	02	03	04 	05	06	
			No Classes					
28	07	08	09 LB Strength 6a TRX 10am BOOTCAMP 5pm	10	11 Full Body Strength 10am	12 Upper Body 6a	13	
29	14	15	16 LB Strength 6a TRX 10am BOOTCAMP 5pm	17	18 Full Body Strength 10am	19 Upper Body 6a	20	
30	21	22	23 LB Strength 6a TRX 10am BOOTCAMP 5pm	24	25 Upper Body 6a Full Body Strength 10am	26 No Class	27	
31	28	29	30 LB Strength 6a TRX 10am BOOTCAMP 5pm	31	01	02	03	

August 2024

NOTES: Bootcamp Banquet Time and Location TBD

WEEK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	28	29	30	31	01	02 Upper Body 6a	03
32	04	05	06 LB Strength 6a TRX 10am BOOTCAMP 5pm	07 BOOTCAMP Make-up	08 Full Body Strength 10am BOOTCAMP Make-up	09 Upper Body 6a	10
33	11	12	13 LB Strength 6a TRX 10am BOOTCAMP BANQUET	14	15 Full Body Strength 10am	16 Upper Body 6a	17
34	18	19	20 LB Strength 6a TRX 10am	21	22 Full Body Strength 10am	23 Upper Body 6a	24
35	25	26	27 LB Strength 6a TRX 10am	28	29 Full Body Strength 10am	30 Upper Body 6a	31