

July



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 5:45-6:45 a.m.AS SEZ	3 	4 CLOSED 	5	6 5:45-6:45 a.m.AS EEZ	7
8	9 5:45-6:45 a.m.AS IEZ	10 10:15-11:15am AR EEZ	11 5:45-6:45 a.m.AS EEZ	12 7:00-7:45 a.m. AR SEZ 12:00-12:45pm AR IEZ	13 5:45-6:45 a.m.AS SEZ	14
15	16 5:45-6:45 a.m.AS EEZ	17 10:15-11:15am AR SEZ	18 5:45-6:45 a.m.AS SEZ	19 7:00-7:45 a.m. AR IEZ 12:00-12:45pm AR EEZ	20 5:45-6:45 a.m.AS IEZ	21
22	23 5:45-6:45 a.m.AS SEZ	24 10:15-11:15am AR IEZ	25 5:45-6:45 a.m.AS IEZ	26 7:00-7:45 a.m. AR EEZ 12:00-12:45pm AR SEZ	27 5:45-6:45 a.m.AS EEZ	28
29	30 5:45-6:45 a.m.AS IEZ	31 10:15-11:15am AR EEZ		INSTRUCTORS KB-Ken Bushey JM-Joe McCarthy AR-Ann Ripley AS-Angie Scott	ENERGY ZONE EEZ-Endurance SEZ-Strength IEZ-Interval RDEZ-Race Day REZ-Recovery	

2018