



June



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		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		1 5:45-6:45 a.m.AR SEZ	2
3	4 5:45-6:45 a.m.AR IEZ	5 6:45-7:45am AS SEZ 12:00-12:45pm AR SEZ	6 5:45-6:45 a.m.AS IEZ	7 7:00-7:45 a.m. AR IEZ 12:00-12:45pm AR IEZ	8 5:45-6:45 a.m.AS EEZ	9
10	11 5:45-6:45 a.m.AS EEZ	12 6:45-7:45am AS IEZ 12:00-12:45pm AR IEZ	13 5:45-6:45 a.m.AS RDEZ	14 7:00-7:45 a.m. AR EEZ 12:00-12:45pm AR SEZ	15 5:45-6:45 a.m.AS IEZ	16
17 	18 5:45-6:45 a.m.AS EEZ	19 6:45-7:45am AS SEZ 12:00-12:45pm AR SEZ	20 5:45-6:45 a.m.AS IEZ	21 7:00-7:45 a.m. AR SEZ 12:00-12:45pm AR IEZ	22 5:45-6:45 a.m.AS SEZ	23
24	25 5:45-6:45 a.m.AS IEZ	26 6:45-7:45am AS EEZ 12:00-12:45pm AR IEZ	27 5:45-6:45 a.m.AS SEZ	28 7:00-7:45 a.m. AR IEZ 12:00-12:45pm AR SEZ	29 5:45-6:45 a.m.AS EEZ	30

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