

June



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

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