

September



<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
2	3 CLOSED LABOR DAY	4 10:15-11:00am AR IEZ	5 5:45-6:45 a.m.AS IEZ	6 7:00-7:45 a.m. AR EEZ 12:00-12:45pm AR SEZ	7 5:45-6:45 a.m.AS SEZ	8
9	10 5:45-6:45 a.m.AS IEZ	11 10:15-11:00am AR EEZ	12 5:45-6:45 a.m.AS SEZ	13 7:00-7:45 a.m. AR SEZ 12:00-12:45pm AR IEZ	14 5:45-6:45 a.m.AS EEZ	15
16	17 5:45-6:45 a.m.AS EEZ	18 10:15-11:00am AR SEZ	19 5:45-6:45 a.m.AS RDEZ	20 7:00-7:45 a.m. AR IEZ 12:00-12:45pm AR EEZ	21 5:45-6:45 a.m.AS EEZ	22
23	24 5:45-6:45 a.m.AS SEZ	25 10:15-11:00am AR IEZ	26 5:45-6:45 a.m.AS IEZ	27 7:00-7:45 a.m. AR EEZ 12:00-12:45pm AR SEZ	28 5:45-6:45 a.m.AS EEZ	29
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