

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<div style="border: 2px solid black; padding: 10px; background-color: black; color: white; font-size: 2em; font-weight: bold;">JULY</div>				
	1	2	3	4	5	6
	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 7am-8am- Ahtletic Enhancement 4:15pm - 5:15pm CrossFit/C&C 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 7am-8am- Ahtletic Enhancement 4:15pm - 5:15pm CrossFit/C&C 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 6:30am-7:30am- HOT C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 7am-8am- Ahtletic Enhancement 4:15pm - 5:15pm CrossFit/C&C 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 6:30am-7:30am- HOT Tabata	6:30am - 7:15am Cycling 7:30am - 8:30am CrossFit/C&C
7	8	9	10	11	12	13
4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 7am-8am- Ahtletic Enhancement 4:15pm - 5:15pm CrossFit/C&C 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 7am-8am- Ahtletic Enhancement 4:15pm - 5:15pm CrossFit/C&C 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 6:30am-7:30am- HOT Tabata	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 7am-8am- Ahtletic Enhancement 4:15pm - 5:15pm CrossFit/C&C 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 6:30am-7:30am- HOT C&C	6:30am - 7:15am Cycling 7:30am - 8:30am CrossFit/C&C	
14	15	16	17	18	19	20
4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 7am-8am- Ahtletic Enhancement 4:15pm - 5:15pm CrossFit/C&C 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 7am-8am- Ahtletic Enhancement 4:15pm - 5:15pm CrossFit/C&C 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 6:30am-7:30am- HOT Triple	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 6:30am-7:30am- HOT Tabata	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 7am-8am- Ahtletic Enhancement 4:15pm - 5:15pm CrossFit/C&C 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 6:30am-7:30am- HOT C&C	6:30am - 7:15am Cycling 7:30am - 8:30am CrossFit/C&C
21	22	23	24	25	26	27
4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 7am-8am- Ahtletic Enhancement 4:15pm - 5:15pm CrossFit/C&C 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 7am-8am- Ahtletic Enhancement 4:15pm - 5:15pm CrossFit/C&C 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 6:30am-7:30am- HOT C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 7am-8am- Ahtletic Enhancement 4:15pm - 5:15pm CrossFit/C&C 5:15pm - 6:15pm CrossFit/C&C	4:15am - 5:15am CrossFit/C&C 5:15am - 6:15am CrossFit/C&C 5:45am - 6:30am Cycling 6:30am-7:30am- HOT Tabata	6:30am - 7:15am Cycling 7:30am - 8:30am CrossFit/C&C	