

# May 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Strength Day 1	1 Intervals Core and Stretching	2 Strength Day 2	3 Steady State Core and Stretching	4 Strength Day 3	5 Recovery
6	7 Strength Day 1	8 Intervals Core and Stretching	9 Strength Day 2	10 Steady State Core and Stretching	11 Strength Day 3	12 Recovery
13	14 Strength Day 1	15 Intervals Movement Class at HHSM 6-7 pm	16 Strength Day 2	17 Steady State Core at HHSM 6-7 pm	18 Strength Day 3	19 Recovery
20	21 Strength Day 1	22 Intervals Movement Class at HHSM 6-7 pm	23 Strength Day 2	24 Steady State Core at HHSM 6-7 pm	25 Strength Day 3	26 Recovery
27	28 Strength Day 1	29 Intervals NO CLASS AT HHSM	30 Strength Day 2	31 Steady State Core at HHSM 6-7 pm		

# June 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Strength Day 3	2 Recovery
3	4 Strength Day 1	5 Intervals Movement Class at HHSM 6-7 pm	6 Strength Day 2	7 Steady State  Core at HHSM 6-7 pm	8 Strength Day 3	9 Recovery
10	11 Strength Day 1	12 Intervals Movement Class at HHSM 6-7 pm	13 Strength Day 2	14 Steady State  Core and Stretching	15 Strength Day 3	16 Recovery
17	18 Strength Day 1	19 Intervals  Core and Stretching	20 Strength Day 2	21 Steady State  Core and Stretching	22 Strength Day 3	23 Recovery
24	25	26	27	28	29	30

# July 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# August 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# September 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

# October 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# November 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

# December 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					