

June



2010

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Summer Weight Training Program	15 Summer Weight Training Program	16 Summer Weight Training Program	17 Summer Weight Training Program	18	19
20	21 Summer Weight Training Program	22 Summer Weight Training Program	23 Summer Weight Training Program	24 Summer Weight Training Program	25	26
27	28 Summer Weight Training Program	29 Summer Weight Training Program	30 Summer Weight Training Program	1 Summer Weight Training Program		