

National Bike Month

2013

May

Locations

Training Solutions Location
 St. Johns Military Academy
 Beaver Lake

ID=Indoors OD=Outdoors

S M T W T F S

28	29 8:00 AM Tai Chi ID 6:30 PM Cardio ID	30 7:00 AM Yoga ID	1 6:00 AM Bands ID 11:00 AM Paddle Board ID 5:30 PM Yoga ID 6:30 AM Strength ID	2 12:00 PM Bands ID 7:00 PM Lifting ID	3	4
5	6 8:00 AM Tai Chi ID 6:30 PM Cardio ID	7 7:00 AM Yoga ID	8 6:00 AM Bands ID 11:00 AM Paddle Board ID 5:30 PM Yoga ID 6:30 AM Strength ID	9 12:00 PM Bands ID 7:00 PM Lifting ID	10	11 End of Session 3
12	13 8:00 AM Tai Chi ID 6:30 PM Cardio ID	14 7:00 AM Yoga ID	15 6:00 AM Bands ID 11:00 AM Paddle Board ID 5:30 PM Yoga ID 6:30 AM Strength ID	16 12:00 PM Bands ID 7:00 PM Lifting ID	17	18
19	20 8:00 AM Tai Chi ID 6:30 PM Cardio ID	21 7:00 AM Yoga ID	22 6:00 AM Bands ID 11:00 AM Paddle Board ID 5:30 PM Yoga ID 6:30 AM Strength ID	23 12:00 PM Bands ID 7:00 PM Lifting ID	24	25
26	27 8:00 AM Tai Chi ID 6:30 PM Cardio ID	28 7:00 AM Yoga ID	29 6:00 AM Bands ID 11:00 AM Paddle Board ID 5:30 PM Yoga ID 6:30 AM Strength ID	30 12:00 PM Bands ID 7:00 PM Lifting ID	31	1