



How glorious a greeting the sun gives the mountains.

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Mon	Tue	Wed	Thu	Fri	Sat
6:00am 24 Cardio Blast Meyers Grade (exercise band)	25	6:00am 26 Agility, Ropes and Core Baseball Field (weights & jump rope)	27	6:00am 28 I GO U GO Kiva Beach (Hwy 89) (exercise band)	29  
6:00am 1 Intervals & Strength Bike Trail	2	6:00am 3 Cardio Combo Bike Trail (exercise band)	4 	5 NO CLASS!!	6
6:00am 8 Long Shuttle Pope Beach (weights)	9	6:00am 10 Prisoner 100 Baseball Fields (jump rope)	11	6:00am 12 Tabata Kiva Beach (Hwy 89)	13
6:00am 15 15/15 Eldorado Beach	16	6:00am 17 Century Challenge Pope Beach (weights)	18	6:00am 19 Pyramid Baseball Field (weights)	20
6:00am 22 Jumping Tabata Baseball Field (jump rope)	23	6:00am 24 Crossover Kiva Beach (Hwy 89)	25	6:00am 26 Intervals Pope Beach	27

June 29th is our Annual BLISS RUN. We will meet at the Bike Trail at 5:30am and carpool up to the trailhead. Details to follow....