

JUN 2026



SUN MON TUE WED THU FRI SAT

	1	2	3	4	5	6
 <p>11:00 am (60m) OUTDOOR CIRCUIT (in person)</p>	<p>8:30 am (40m) STRONG 'n MOBILE</p>		<p>8:30 am (40m) SOLID</p>		<p>NEW!</p> <p>9:00 am (40m) STRONGER 9:45 am (30m)  MOBILITY TARGETS: Lower back</p>	
<p>7</p>  <p>11:00 am (60m) OUTDOOR CIRCUIT (in person)</p>	<p>8</p> <p>8:30 am (40m) STRONG 'n MOBILE</p>	<p>9</p>	<p>10</p> <p>8:30 am (40m) SOLID</p>	<p>11</p>	<p>12</p> <p>NEW!</p> <p>9:00 am (40m) STRONGER 9:45 am (30m)  MOBILITY TARGETS: Hip openers</p>	<p>13</p>
<p>14</p>  <p>11:00 am (60m) OUTDOOR CIRCUIT (in person)</p>	<p>15</p> <p>8:30 am (40m) STRONG 'n MOBILE</p>	<p>16</p>	<p>17</p>	<p>18</p> <p>8:30 am (40m) SOLID</p>	<p>19</p> <p>NEW!</p> <p>9:00 am (40m) STRONGER 9:45 am (20m)  MOBILITY TARGETS: Running</p>	<p>20</p>
<p>21</p>  <p>11:00 am (60m) OUTDOOR CIRCUIT (in person)</p>	<p>22</p> <p>8:30 am (40m) STRONG 'n MOBILE</p>	<p>23</p>	<p>24</p>	<p>25</p> <p>FREE VIDEO SOLID </p>	<p>26</p>	<p>27</p> <p>FREE VIDEOS STRONGER </p>
<p>28</p>  <p>11:00 am (60m) OUTDOOR CIRCUIT (in person)</p>	<p>29</p> <p>8:30 am (40m) STRONG 'n MOBILE</p>	<p>30</p>	<p>IT'S CONSISTENCY MONTH  It's a lifestyle thing!</p>			

DONATIONS ♥ APR MAY JUN 2026



SCHEDULE IS IN PACIFIC TIME

