**REVISED JUNE 2020 DRYLAND CALENDAR**

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| **MON** | **TUE** | **WED** | **THUR** | **FRIDAY** | **SAT** | **SUN** |
| 1  5:15-6:00 PM  STRENGTH | 2  CARDIO  OUTDOOR RUN 30 MIN | 3  5:15-6:00 PM  FLY MOBILITY | 4  OFF | 5  5:15-6:00 PM  STRENGTH | 6  10-10:30 AM POWER FUEL FOR SWIMMING | 7  CARDIO  BIKE 45 MIN |

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| 8 5:15-6:00 PM STRENGTH | 9 CARDIO  OUTDOOR RUN 30 MIN | 10 5:15-6:00 PM  BACK MOBILITY | 11 OFF | 12 5:15-6:00 PM  STRENGTH | 13 8:30-9:00 AM POWER FUEL FOR SWIMMING | 14  9:30-10:00 AM YOGA |

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| 15 5:15-6:00 PM  STRENGTH | 16  CARDIO  OUTDOOR RUN 30 MIN | 17 5:15-6:00 PM  BREAST MOBILITY | 18 5:15-6:00 PM  STRENGTH | 19 CARDIO  BIKE 45 MIN | 20 9:30-10:00 AM POWER FUEL FOR SWIMMING | 21 9:30-10:00 AM YOGA |

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| 22 5:45-6:30 PM  STRENGTH | 23 CARDIO  OUTDOOR RUN 30 MIN | 24 5:15-6:00 PM  FREE MOBILITY | 25 5:15-6:00 PM  STRENGTH | 26  5:15-5:45 PM YOGA | 27 CARDIO BIKE 45 MIN | 28 9:30-10:00 AM POWER FUEL FOR SWIMMING |
| 29 5:15-6:00 PM  STRENGTH | 30 CARDIO  OUTDOOR RUN 30 MIN |  |  |  |  |  |