

June 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
			Both-Running		Both-niking Training	Both-Bowling
10	11	12	13	14	15	16
both- running	REG-KickBoxing Marc-Something		Both-Running		Both-niking Training	both Running 5k
17	18	19	20	21	22	23
	REG-KickBoxing Marc-Something		Both-Running		Both-niking Training	Both-Run or Swim
24	25	26	27	28	29	30
Both-Run or Swim	REG-KickBoxing Marc-Something		Both-Running		Both-niking Training	Both-Run or Swim
Notes:						