

60-DAY CALENDAR

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MON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND	SATURDAY	SUNDAY
1	CHISEL BALANCE (in-person) 10 MIN AG CHISEL*	SUMMER PERFORMANCE (in-person) 10 MIN AG CHISEL*	100-SPINDLE CHISEL	GET SET	100-SPINDLE SUMMER	CHISEL ENDURANCE	TOTAL BODY SUMMER (in-person) 10 MIN AG SUMMER
2	CHISEL CARDIO	MIX SUMMER & STRENGTH (in-person) 10 MIN AG CHISEL*	CHISEL AGILITY (in-person) 10 MIN AG CHISEL*	GET SET	SUMMER POWER	CHISEL BALANCE (in-person) 10 MIN AG CHISEL*	SUMMER CONDITIONING (in-person) 10 MIN AG SUMMER*
3	TOTAL BODY SUMMER (in-person) 10 MIN AG SUMMER*	CHISEL AGILITY (in-person) 10 MIN AG CHISEL*	MIX SUMMER STRENGTH (in-person) 10 MIN AG SUMMER	GET SET	TOTAL BODY CHISEL (in-person) 10 MIN AG CHISEL*	SUMMER PERFORMANCE (in-person) 10 MIN AG CHISEL*	FOR STRENGTH CHISEL (in-person) 10 MIN AG CHISEL*
4	CHISEL BALANCE (in-person) 10 MIN AG CHISEL*	MIX SUMMER & STRENGTH	CHISEL CARDIO (in-person) 10 MIN AG CHISEL*	GET SET	100-SPINDLE SUMMER (in-person) 10 MIN AG CHISEL*	CHISEL AGILITY (in-person) 10 MIN AG CHISEL*	SUMMER POWER (in-person) 10 MIN AG SUMMER
5	TOTAL BODY CHISEL (in-person) 10 MIN AG CHISEL*	SUMMER POWER (in-person) 10 MIN AG SUMMER	CHISEL BALANCE (in-person) 10 MIN AG CHISEL*	GET SET	100-SPINDLE SUMMER (in-person) 10 MIN AG CHISEL*	CHISEL ENDURANCE (in-person) 10 MIN AG CHISEL*	TOTAL BODY SUMMER (in-person) 10 MIN AG SUMMER
6	CHISEL AGILITY (in-person) 10 MIN AG CHISEL*	SUMMER CONDITIONING (in-person) 10 MIN AG SUMMER	CHISEL CARDIO (in-person) 10 MIN AG CHISEL*	GET SET	SUMMER POWER	CHISEL BALANCE (in-person) 10 MIN AG CHISEL*	MIX SUMMER & STRENGTH (in-person) 10 MIN AG CHISEL*
7	TOTAL BODY CHISEL (in-person) 10 MIN AG CHISEL*	100-SPINDLE SUMMER (in-person) 10 MIN AG SUMMER*	100-SPINDLE CHISEL	GET SET	SUMMER CONDITIONING	CHISEL CARDIO (in-person) 10 MIN AG CHISEL*	TOTAL BODY SUMMER (in-person) 10 MIN AG SUMMER
8	CHISEL ENDURANCE (in-person) 10 MIN AG CHISEL*	MIX SUMMER & STRENGTH (in-person) 10 MIN AG CHISEL*	CHISEL CARDIO (in-person) 10 MIN AG CHISEL*	GET SET	SUMMER PERFORMANCE (in-person) 10 MIN AG CHISEL*	TOTAL BODY CHISEL (in-person) 10 MIN AG CHISEL*	SUMMER POWER (in-person) 10 MIN AG SUMMER

*SUMMER POWER is 100-SPINDLE CHISEL, 10 MIN AG SUMMER and 10 MIN AG CHISEL. GET SET is 100-SPINDLE CHISEL, 10 MIN AG CHISEL and 10 MIN AG SUMMER. CHISEL BALANCE is 100-SPINDLE CHISEL, 10 MIN AG CHISEL and 10 MIN AG SUMMER.

*100-SPINDLE CHISEL is a 100-SPINDLE CHISEL. CHISEL BALANCE is 100-SPINDLE CHISEL, 10 MIN AG CHISEL and 10 MIN AG SUMMER. CHISEL BALANCE is 100-SPINDLE CHISEL, 10 MIN AG CHISEL and 10 MIN AG SUMMER.

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