



May 2026

◀ Apr 2026

Jun 2026 ▶

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|---|---|-----|-----|---|
| | | | | | 1 | 2 PD 1 - 4 Class 10:30 am – 11:45 am (F) BBQ @ Mike Dwyer's House |
| 3 | 4 | 5 Seated Full Fitness 10:00 am – 10:45 am (O) | 6 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F) | 7 | 8 | 9 PD 1 - 4 Class 10:30 am – 11:45 am (F) |
| 10 | 11 | 12 Seated Full Fitness 10:00 am – 10:45 am (O) | 13 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F) | 14 | 15 | 16 PD 1 - 4 Class 10:30 am – 11:45 am (F) |
| 17 | 18 | 19 Seated Full Fitness 10:00 am – 10:45 am (O) | 20 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F) | 21 | 22 | 23 No Class (Coach Vacation Day) |
| 24 | 25 | 26 Seated Full Fitness 10:00 am – 10:45 am (O) | 27 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F) | 28 | 29 | 30 PD 1 - 4 Class 10:30 am – 11:45 am (F) |
| 31 | | | | | | |

(F) – Boxing Gym (In-Person Only) (O) – Virtual Only