

BeFit Calendar of Events - June 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Group Intro Session 6 PM	4	5	6	7 Group Intro Session 12 PM ----- Bring-A-Friend To Your Workout Day
8 BeFit Cookout!! Fun, Food, Games 1 PM	9	10 Group Intro Session 6 PM	11	12	13	14 Group Intro Session 12 PM ----- Bring-A-Friend To Your Workout Day
15	16 BeFit's 2 nd Birthday!!	17 Group Intro Session 6 PM	18	19 Stop & Shop Supermarket Tour \$10 Advanced signup required 6 – 7:15 PM	20 FIRST DAY OF SUMMER	21 Studio Closed Patty & Holly are getting CrossFit Certified – more on this to come ☺
22 CrossFit Certification in Maine	23	24 Group Intro Session 6 PM	25	26 BeFit Workshop - Nutrition Pre-registration required – FREE 6 PM	27	28 Group Intro Session 12 PM ----- Bring-A-Friend To Your Workout Day
29	30					