

# June 2023



Sun

Mon

Tue

Wed

Thu

Fri

Sat

				<b>1</b> <b>LOMI STRETCH</b> <b>7:10 AM</b>	 <b>NATIONAL DONUT DAY</b> <i>Live and Virtual cardio classes available...all day!</i>	 <b>WORLD BICYCLE DAY</b> <i>Have you tried RPM or Sprint???</i>
<b>4</b>  <b>NATIONAL CANCER SURVIVORS DAY</b>	<b>5</b> <i>The Perfect day to schedule a complimentary Staring Point!</i>	<b>6</b> <b>BODY FLOW</b> <b>8:20 AM</b>	<b>7</b>  <b>GLOBAL RUNNING DAY</b>	<b>8</b> <b>BEST FRIENDS DAY</b> <b>Referral Membership available!</b> 	<b>9</b> <b>RPM</b> <b>7:30 AM</b>	<b>10</b> <b>NATIONAL BLACK COW DAY</b> 
<b>11</b>  <b>Happy King Kamehameha Day</b>	<b>12</b> <b>ZUMBA</b> <b>8:30 AM</b>	<b>13</b>  <b>National CUPCAKE LOVER'S DAY</b> <b>JUNE 13TH</b>	<b>14</b> <b>JUNE 14<sup>th</sup></b> <b>BL DONOR DAY</b> 	<b>15</b> <b>MEGALODON DAY</b> 	<b>16</b> <b>IT'S WORLD TURTLE DAY!</b>  <b>HOW WILL YOU CELEBRATE?</b>	<b>17</b> <b>BODY COMBAT</b> <b>8:45 AM</b>
<b>18</b> <b>FATHERS DAY</b>  <i>Don't forget about your Fit Fam discount!</i>	<b>19</b> <b>TAKE YOUR CAT TO WORK DAY</b> 	<b>20</b>  <b>Happy 1st DAY OF SUMMER</b> <b>No School!</b> <i>Teen memberships available!</i>	<b>21</b>  <b>NATIONAL SMOOTHIE DAY</b> <b>HEAD TO THE CAFÉ!</b>	<b>22</b> <b>SPRINT</b> <b>8:10 AM</b>	<b>23</b>  <b>National Hydration Day</b>	<b>24</b>  <b>SUMMER Giving</b>
<b>25</b> <b>VINYASA YOGA</b> <b>8:30 AM</b>	<b>26</b> <b>Happy National Coconut Day!</b> 	<b>27</b>  <b>NATIONAL SUNGLASSES DAY</b>	<b>28</b> <b>SPINNING</b> <b>7:30 AM</b>	<b>29</b> 	<b>30</b>  <b>Social Media Day</b> <a href="https://www.facebook.com/theclubkona/">https://www.facebook.com/theclubkona/</a> <a href="https://www.instagram.com/theclubkona/">https://www.instagram.com/theclubkona/</a>	