

Workouts are from 10:00 am to 12:00 pm (please arrive by 9:45)

July 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 Off	12 WKT 1	13 WKT 2	14 WKT 3	15 Off	16
17	18 Off	19 WKT 4	20 WKT 5	21 WKT 6	22 Off	23
24	25 Off	26 WKT 7 4:30-6:30pm	27 Off	28 NO WKT Meet&Greet	29 Off	30
31						

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1 st Day School 3:00-5:30	2 3:00-5:30	3 3:00-5:30	4 3:00-5:30	5 3:00-5:30	6
7	8 3:00-5:30	9 3:00-5:30	10 3:00-5:30	11 3:00-5:30	12 3:00-5:30	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			