

Workouts are from 9:45 am to 12:00 pm (please be on time!)

<b>July 2023</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18 WKT 1 9:45-12:00	19 WKT 2 9:45-12:00	20 WKT 3 9:45-12:00	21 Off	22
23	24 WKT 4 9:45-12:00	25 WKT 5 9:45-12:00	26 Off	27 WKT 6 4:30-6:00	28 Off MEET&GREET	29
30	31					

# August 2023

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