

July

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Conditioning/Workouts 4-6:30 pm	19 Conditioning/Workouts 4-6:30 pm	20 OFF Condition on your own	21 Conditioning/Workouts 4-6:30 pm	22 OFF Condition on your own	23
24	25 Conditioning/Workouts 4-6:30	26 Conditioning/Workouts 4-6:30	27 OFF Condition on your own	28 Conditioning/Workouts 4-6:30	29 Conditioning/Workouts 4-6:30	30
31						