

# July 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2 OFF	3 OFF	4 OFF	5 OFF	6 OFF	7	8
9 CONDITIONING 7: 30AM-9:00AM - Skills 9:15-10:15	10 CONDITIONING 7: 30AM-9:00AM - Skills 9:15-10:15	11 CONDITIONING 7: 30AM-9:00AM - Skills 9:15-10:15	12 CONDITIONING 7: 30AM-9:00AM - Skills 9:15-10:15	13 CONDITIONING 7: 30AM-9:00AM - Skills 9:15-10:15	14	15
16 CONDITIONING 7: 30AM-9:00AM - Skills 9:15-10:15	17 CONDITIONING 7: 30AM-9:00AM - Skills 9:15-10:15	18 CONDITIONING 7: 30AM-9:00AM - Skills 9:15-10:15	19 CONDITIONING 7: 30AM-9:00AM - Skills 9:15-10:15	20 CONDITIONING 7: 30AM-9:00AM - Skills 9:15-10:15	21	22
23 SENIOR LEAD WORKOUTS	24 SENIOR LEAD WORKOUTS	25 SENIOR LEAD WORKOUTS	26 SENIOR LEAD WORKOUTS	27 SENIOR LEAD WORKOUTS	28	29
30	31	Notes				