



July 2023

◀ Jun 2023

Aug 2023 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 PD 1 - 4 Class 10:30 am – 11:30 am (F)
2	3	4 <i>NO CLASS</i> <i>(Independence Day)</i>	5 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	6	7	8 PD 1 - 4 Class 10:30 am – 11:30 am (F)
9	10	11 Seated Full Fitness 10:00 am – 10:45 am (O)	12 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	13	14	15 <i>NO CLASS</i> <i>(Coaches Day Off)</i>
16	17	18 Seated Full Fitness 10:00 am – 10:45 am (O)	19 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	20	21	22 PD 1 - 4 Class 10:30 am – 11:30 am (F)
23	24	25 Seated Full Fitness 10:00 am – 10:45 am (O)	26 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	27	28	29 PD 1 - 4 Class 10:30 am – 11:30 am (F)
30	31					

(F) – Boxing Gym (In-Person Only) (O) – Virtual Only