



July 2025						
◀ Jun 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Seated Full Fitness 10:00 am – 10:45 am (O)	2 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	3	4	5 PD 1 - 4 Class 10:30 am – 11:45 am (F)
6	7	8 Seated Full Fitness 10:00 am – 10:45 am (O)	9 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	10	11	12 No Class (Coaches Day Off)
13	14	15 Seated Full Fitness 10:00 am – 10:45 am (O)	16 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	17	18	19 PD 1 - 4 Class 10:30 am – 11:45 am (F)
20	21	22 Seated Full Fitness 10:00 am – 10:45 am (O)	23 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	24	25	26 PD 1 - 4 Class *10:00 am – 11:30 am (F) *class starting earlier – coaches have an event to attend.
27	28	29 Seated Full Fitness 10:00 am – 10:45 am (O)	30 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	31		

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

