



July 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	<b>2</b>	<b>3</b>	<b>4</b> PD 1 - 4 Class 10:30 am – 11:45 am (F)
<b>5</b>	<b>6</b>	<b>7</b> Seated Full Fitness 10:00 am – 10:45 am (O)	<b>8</b> PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	<b>9</b>	<b>10</b>	<b>11</b> No Class (Coach Vacation Day)
<b>12</b>	<b>13</b>	<b>14</b> Seated Full Fitness 10:00 am – 10:45 am (O)	<b>15</b> PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	<b>16</b>	<b>17</b>	<b>18</b> PD 1 - 4 Class 10:30 am – 11:45 am (F)
<b>19</b>	<b>20</b>	<b>21</b> Seated Full Fitness 10:00 am – 10:45 am (O)	<b>22</b> PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	<b>23</b>	<b>24</b>	<b>25</b> PD 1 - 4 Class 10:30 am – 11:45 am (F)
<b>26</b>	<b>27</b>	<b>28</b> Seated Full Fitness 10:00 am – 10:45 am (O)	<b>29</b> PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	<b>30</b>	<b>31</b>	

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