



JULY WEIGHT ROOM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29 ← WEIGHT ROOM CLOSED FOR CLEANING / DEAD WEEK	30 WEIGHT ROOM CLOSED FOR CLEANING / DEAD WEEK	1 WEIGHT ROOM CLOSED FOR CLEANING / DEAD WEEK	2 WEIGHT ROOM CLOSED FOR CLEANING / DEAD WEEK	3 → WEIGHT ROOM CLOSED FOR CLEANING / DEAD WEEK	4
5	6 Girls 9:15 - 10:45 Boys 10:45-12:15p	7 Girls 9:15 - 10:45	8 Boys 10:45-12:15p	9 Girls 9:15-10:45 Boys 10:45-12:15p	10	11
12	13 Girls 9:15 - 10:45 Boys 10:45-12:15p	14 Girls 9:15 - 10:45	15 Boys 10:45-12:15p	16 Girls 9:15-10:45 Boys 10:45-12:15p	17	18
19	20 Girls 9:15 - 10:45 Boys 10:45-12:15p Little Kids Speed Camp	21 Girls 9:15 - 10:45 Little Kids Speed Camp	22 Boys 10:45-12:15p Little Kids Speed Camp	23 Girls 9:15-10:45 Boys 10:45-12:15p	24	25
26	27 Girls 9:15 - 10:45 Boys 10:45-12:15p	28 Girls 9:15 - 10:45	29 Boys 10:45-12:15p	30 Girls 9:15-10:45 Boys 10:45-12:15p	31	