

# July

2023

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30	1
2	3	4 Independence Day	5	6 Circuit training 12:10-12:40	7	8
9	10	11	12	13	14	15
16	17	18 Circuit training 12:10-12:40	19	20 Circuit training 12:10-12:40	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

Notes:

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