

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30a-11:00a JMP 11:00a-11:30a AC 11:30a-12p OTT 12-12:30p TM	2 9:30a - 11:30a OT 11:30a - 12p OTT 12-12:30p TM	3	4
5	6 9:30a-11:00a BB 11:00a-11:30a AC 11:30a-12p OTT 12-12:30p TM	7 9:30a-11:00a BB 11:00a-11:30a YOGA 11:30a-12p OTT 12-12:30p TM	8 9:30a-11:00a BB 11:00a-11:30a AC 11:30a-12p OTT 12-12:30p TM	9 9:30a - 11:30a OT 11:30a - 12p OTT 12-12:30p TM	10	11
12	13 9:30a-11:00a PUP 11:00a-11:30a BC 11:30a-12p OTT 12-12:30p TM	14 9:30a-11:00a PUP 11:00a-11:30a FF 11:30a-12p OTT 12-12:30p TM	15 9:30a-11:00a PUP 11:00a-11:30a BC 11:30a-12p OTT 12-12:30p TM	16 9:30a - 11:30a OT 11:30a - 12p OTT 12-12:30p TM	17	18
19	20 9:30a-11:00a AS 11:00a-11:30a BC 11:30a-12p OTT 12-12:30p TM	21 9:30a-11:00a AS 11:00a-11:30a FF 11:30a-12p OTT 12-12:30p TM	22 9:30a-11:00a AS 11:00a-11:30a AC 11:30a-12p OTT 12-12:30p TM	23 9:30a - 11:30a OT 11:30a - 12p OTT 12-12:30p TM	24	25
26	27	28	29	30	31	

REST WEEK - NO CLASS

NOTES

JMP = Jump Clinic

BB = BOSU Bounce

AS = Arm Strength

AC = ABSolutely Core

BC = Base Camp

FF = Friend Frenzy

OT = Over Time

OTT = Open Training Time

PUP = Pick Up The Pace (Agility)

TM = Team
Building Outside

