

JUNE 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30 Summer Running & Weights 6:30 - 9:15a	31 Summer Running & Weights 6:30 - 9:15a	1 Summer Running & Weights 6:30 - 9:15a	2 Summer Running 6:30 - 8:00a	3
4	5 Summer Running & Weights 6:30 - 9:15a	6 Summer Running & Weights 6:30 - 9:15a	7 Summer Running & Weights 6:30 - 9:15a	8 Summer Running & Weights 6:30 - 9:15a	9	10
11	12 Summer Running & Weights 6:30 - 9:15a	13 Summer Running & Weights 6:30 - 9:15a	14 Summer Running & Weights 6:30 - 9:15a	15 Summer Running & Weights 6:30 - 9:15a	16 Summer Running 6:30 - 8:00a	17
18	19 Summer Running & Weights 6:30 - 9:15a	20 Summer Running & Weights 6:30 - 9:15a	21 Summer Running & Weights 6:30 - 9:15a	22 Summer Running & Weights 6:30 - 9:15a	23	24
25	26 Summer Running & Weights 6:30 - 9:15a	27 Summer Running & Weights 6:30 - 9:15a	28 Summer Running & Weights 6:30 - 9:15a	29 Summer Running & Weights 6:30 - 9:15a	30 Summer Running 6:30 - 8:00a	1

JULY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26 Summer Running & Weights 6:30 - 9:15a	27 Summer Running & Weights 6:30 - 9:15a	28 Summer Running & Weights 6:30 - 9:15a	29 Summer Running & Weights 6:30 - 9:15a	30	1
2	3 Summer Dead Week	4 Summer Dead Week	5 Summer Dead Week	6 Summer Dead Week	7 Summer Dead Week	8
9	10 Summer Running & Weights 6:30 - 9:15a	11 Summer Running & Weights 6:30 - 9:15a	12 Summer Running & Weights 6:30 - 9:15a	13 Summer Running & Weights 6:30 - 9:15a	14 Summer Running 6:30 - 8:00a	15
16	17 Summer Running & Weights 6:30 - 9:15a	18 Summer Running & Weights 6:30 - 9:15a	19 Summer Running & Weights 6:30 - 9:15a	20 Summer Running & Weights 6:30 - 9:15a	21	22
23	24 Summer Running & Weights 6:30 - 9:15a	25 Summer Running & Weights 6:30 - 9:15a	26 Summer Running & Weights 6:30 - 9:15a	27 Summer Running & Weights 6:30 - 9:15a	28 Summer Running 6:30 - 8:00a	29