

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 7am - Strength	1 8am - Strength	2 8am - Strength	3 8am - Strength	4 Independence Day 8am - Holiday -	5	6
7 7am - Strength	8 8am - Strength 9am - Open gym - 11am - Book Club	9 8am - Strength 9am - Open gym - 11am - Book Club	10 8am - Strength	11 8am - Strength 9am - Open gym -	12	13
14 7am - Strength 9am - High School 1pm - MS Camp 5:30pm - Elementar	15 8am - Strength 9am - High School 1pm - MS Camp 5:30pm - Elementar	16 8am - Strength 9am - High School 1pm - MS Camp 5:30pm - Elementar	17 1pm - MS Camp 5:30pm - Elementar	18 7am - Leave for 8am - Strength 8am - Super 20	19 8am - Super 20	20 8am - Super 20
21 7am - Strength	22 8am - Strength 9am - Book Club -	23 8am - Strength 9am - Book Club -	24 8am - Leave for	25 8am - Strength 12pm - Team Camp	26 7am - Team Camp	27 7am - Team Camp
28 7am - Strength	29 8am - Strength	30 8am - Strength	31 4pm - Try-Outs @	1 4pm - Try-outs @	2	3