

# July

2018

Title		Subtitle				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 Open Gym & Conditioning 9-11 am	10	11 Open Gym & Conditioning 9-11 am	12	13 Self-Conditioning	14
15	16 Open Gym & Conditioning 9-11 am	17	18 Open Gym & Conditioning 9-11 am	19	20 Self-Conditioning	21
22	23 Open Gym & Conditioning 9-11 am	24	25 Open Gym & Conditioning 9-11 am	26	27 Self-Conditioning	28
29	30 Open Gym & Conditioning 9-11 am	31	<b>August 1</b> Tryouts Mandatory TBA	<b>August 2</b> Tryouts Mandatory TBA	<b>August 3</b> Tryouts Mandatory TBA	
			Open Gyms and Conditioning @ Darby	Self-Conditioning @ your home or gym Recommendation will be given soon		