

Weekly Calendar

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14 () 12p-1p Freestyle () 1p-2p Freestyle () 2p-3p Freestyle () 6:30a-7:30a Freestyle () 7:30a-8:30a Freestyle () 3:15p-4:15p Freestyle () 4:15p-5:15p Freestyle	15 () 6:30a-7:30a Freestyle () 7:30a-8:30a Freestyle () 12p-1p Freestyle () 1p-2p Freestyle () 2p-3p Freestyle	16 () 6:30a-7:30a Freestyle () 7:30a-8:30a Freestyle () 12p-1p Freestyle () 1p-2p Freestyle () 2p-3p Freestyle () 3:30p-4:30p Freestyle () 4:30p-5:30p Freestyle	17 () 12p-1p Freestyle () 1p-2p Freestyle () 2p-3p Freestyle () 3:15p-4:15p Freestyle () 4:15p-5:15p Freestyle () 6:30a-7:30a Freestyle () 7:30a-8:30a Freestyle	18 () 6:30a-7:30a Freestyle () 7:30a-8:30a Freestyle () 12p-1p Freestyle () 1p-2p Freestyle () 2p-3p Freestyle () 3:15p-4:15p Freestyle () 4:15p-5:15p Freestyle () 5:30p-6:30p Freestyle	19 () 6:30a-7:30a Freestyle () 7:45a-8:45a Freestyle () 9a-10a Freestyle	20 () 10:15a-11:15a Freestyle () 11:15a-12:15p Freestyle