July 2023

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| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | 1 |
| 2 | 3Strength & Condo 7 -8:45a | 4Independence Day | 5Strength & Condo 7 -8:45a | 6Strength & Condo 7 -8:45a | 7 | 8 |
| 9 | 10Strength & Condo 7 -8:45a | 11Strength & Condo 7 -8:45a | 12 Strength & Condo 7 -8:45aSkill Night @ Medfield 5:30p-8:00p | 13Strength & Condo 7 -8:45a | 14 | 15 |
| 16 | 17Strength & Condo 7 -8:45a | 18Strength & Condo 7 -8:45a | 19 Strength & Condo 7 -8:45aSkill Night @ Medfield 5:30p-8:00p  | 20Strength & Condo 7 -8:45a | 21 | 22 |
| 23/30 | 24/31Strength & Condo 7 -8:45a | 25Strength & Condo 7 -8:45a | 26 Strength & Condo 7 -8:45aSkill Night @ Medfield 5:30p-8:00p | 27Strength & Condo 7 -8:45a | 28 | 29 |

 Sunday Monday Tuesday Wednesday Thursday Friday Saturday