July 2023

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

Sunday Monday Tuesday Wednesday Thursday Friday Saturday