**July 2019**  

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| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  | 1**AM: 5:00-6:30****PM: 7:15-8:15** | 2 | 3**AM: 5:00-6:30****NO PM PRACTICE** | 4**NO PRACTICE: HOLIDAY** | 5 **NO AM PRACTICE** | 6 |
| 7 | 8**AM: 5:00-6:30****PM: 7:15-8:15** | 9 | 10**AM: 5:00-6:30****PM: 7:15-8:15** | 11**PM: 7:15-8:15** | 12**AM: 5:00-6:30** | 13 |
| 14 | 15**AM: 5:00-6:30****PM: 7:15-8:15** | 16 | 17**AM: 5:00-6:30****PM: 7:15-8:15** | 18 **PM: 7:15-8:15** | 19**AM: 5:00-6:30** | 20 |
| 21 | 22**AM: 5:00-6:30** **PM: 7:15-8:15** | 23 | **24****AM: 5:00-6:30****PM: 7:15-8:15** | **25****PM: 7:15-8:15** | **26****AM: 5:00-6:30** | **27** |
| 28 | 29**AM: 5:00-6:30** **PM: 7:15-8:15** | 30 | 31**AM: 5:00-6:30** **PM: 7:15-8:15** |  |  |  |