**July 2019**  [](https://www.clubassistant.com/club/meet_information.cfm?c=2235&smid=5890)

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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** |  |  |  |