

# July 2020

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
			1 OFF	2 OFF	3 OFF	4 OFF
5 OFF	6 Conditioning @ MND 5:30- 8:00 PM	7 Conditioning @ MND 4:00-6:30 PM	8 OFF	9 Conditioning @ MND 4:30-6:30 PM	10 OFF	11 OFF
12 OFF	13 Conditioning @ MND 5:30- 8:00 PM	14 Conditioning @ MND 4:00-6:30 PM	15 OFF	16 Conditioning @ MND 4:30-6:30 PM	17 OFF	18 Summer Buddy Workout Triple Crown
19 OFF	20 Conditioning @ MND 5:30- 8:00 PM	21 Conditioning @ MND 4:00-6:30 PM	22 OFF	23 Conditioning @ MND 4:30-6:30 PM	24 OFF	25 Summer Buddy Workout 4 miles AFAP
26 OFF	27 Conditioning @ MND 5:30- 8:00 PM	28 Conditioning @ MND 4:00-6:30 PM	29 OFF	30 Open Field @ MND 4:30-6:30 PM	31 OFF	AUG 1 OFF

Tryouts: August 3rd & 4th from 6-9PM @ MND. **Tryouts are mandatory.**