

# 2025 | JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 9:00a Advanced Hitting 10a Defense	3	4	5
6	7 9:00a YAD 10a Advanced Hitting	8 9:00a YAD 10a Beginner Hitting	9 9:00a Advanced Hitting 10a Defense	10 9:00a YAD 10a Beginner Hitting	11 9:00a Advanced Hitting 10a Defense	12
13	14 9:00a YAD 10a Advanced Hitting	15 9:00a YAD 10a Beginner Hitting	16 9:00a Advanced Hitting 10a Defense	17 9:00a YAD 10a Beginner Hitting	18 9:00a Advanced Hitting 10a Defense	19
20	21 9:00a YAD 10a Advanced Hitting	22 9:00a YAD 10a Beginner Hitting	23 9:00a Advanced Hitting 10a Defense	24 9:00a YAD 10a Beginner Hitting	25 9:00a Advanced Hitting 10a Defense	26
27	28	29	30	31		

TO DO

NOTE

**ROCK STEADY BOXING - EVERY WEEKDAY 1p-2:30p**

**YAD = Youth Athletic Development (Speed/Strength/Agility)**