



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SPECIAL FRIENDS

ACTIVITIES CALENDAR – JULY 2023

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4 HAPPY 4TH OF JULY No Special Friends Today	5 TAI CHI CARDIO/ LAPS	6 MARTIAL ARTS STRENGTH TRAINING	7 CARDIO DRUMMING FREE FRIDAY
	11 CHAIR YOGA CARDIO/LAPS	12 TAI CHI CARDIO/ LAPS	13 MARTIAL ARTS STRENGTH TRAINING	14 CARDIO DRUMMING FREE FRIDAY
	13 CHAIR YOGA CARDIO/LAPS	14 TAI CHI CARDIO/ LAPS	15 MARTIAL ARTS STRENGTH TRAINING	16 CARDIO DRUMMING FREE FRIDAY
	18 CHAIR YOGA CARDIO/LAPS	19 TAI CHI CARDIO/ LAPS	20 MARTIAL ARTS STRENGTH TRAINING	21 CARDIO DRUMMING FREE FRIDAY
	25 CHAIR YOGA CADIO/LAPS	26 TAI CHI CARDIO/ LAPS	27 MARTIAL ARTS STRENGTH TRAINING	28 CARDIO DRUMMING FREE FRIDAY