

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
	1	2 No Gym Access	3 Road Training	4 Swim@Valley YMCA 5-6pm Track 6pm	5	6 Road Training																																																																																											
7 Swim @ Valley YMCA 1:30-2:30pm	8	9 No Gym Access	10 Road Training	11 Swim@Valley YMCA 5-6pm Track 6pm	12 Fencing 4:00pm	13 Road Training																																																																																											
14 Swim @ Valley YMCA 1:30-2:30pm	15	16 Strength & Conditioning 6:15-7:15pm	17 Road Training	18 Swim@Valley YMCA 5-6pm Track 6pm	19 Fencing 4:00pm	20																																																																																											
21 Swim @ Valley YMCA 1:30-2:30pm	22	23 No Gym Access	24	25 Swim@Valley YMCA 5-6pm	26 Fencing 4:00pm	27																																																																																											
28 Swim @ Valley YMCA 1:30-2:30pm	29	30 Strength & Conditioning 6:15-7:15pm	31	Swim@Valley YMCA 5-6pm	Fencing 4:00pm																																																																																												
		<p>July 2022</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	Th	F	Sa						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<p>Upcoming</p> <p>Oct 15-16 Spokane Showdown</p>		<p>September 2022</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </table>	S	M	T	W	Th	F	Sa					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		<p>Training Sites</p> <p>10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA</p>
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