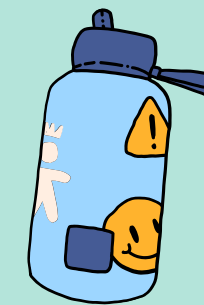


August 2023



FIRST CLASS IS FREE!!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31 9:30 SFH	1	2 9:30 SFH	3 9:30 (KRISTEN) FREEDOM PARK WORKOUT	4 9:30 SFH	5 MDO MAILBOX PEAK HIKE
6 	7 9:30 SFH STORY AFTER	8 9:30 (KRISTEN) MERIWETHER WORKOUT	9 9:30 SFH	10	11 9:30 SFH	12
13	14 9:30 (KRISTEN) SFH	15 	16 9:30 COWAN TRACK PROGRESS TEST & KIDS FUN RUN	17 9:30 (KRISTEN) MERIWETHER WORKOUT	18 9:30 SFH CRAFT AFTER 	19
20	21  9:30 COWAN WRC	22 9:30 AMERICAN LAKE WORKOUT	23 9:30 SFH	24	25 9:30 FREEDOM PARK WORKOUT	26
27	28 9:30 SFH	29	30 9:30 SFH	31 9:30 COWAN TRACK WORKOUT	1 9:30 SFH	2

*SFH = SOLDIERS FIELD HOUSE