



# Summer 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>TBC</b> 6:00-7:00 Karen	<b>Cycling</b> 6:00-7:00 Brian	<b>TBC</b> 6:00-7:00 Karen	<b>Cycling</b> 6:00-7:00 Brian	<b>TBC</b> 6:00-7:00 Anita	
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		<b>Cycling</b> 8:00-9:00 Susan  <b>BIG O</b> 11-12:00pm Mark	<b>BIG O</b> 8:00-9:00am Mark		<b>BIG O</b> 8:00-9:00 Mark	
	<b>TBC</b> 9:00-10:00 Mark	<b>TBC</b> 9:00-10:00 Karen	<b>BIG O</b> 9:00-10:00 Mark	<b>TBC</b> 9:00-10:00 Mark	<b>BIG O</b> 9:00-10:00 Mark	
						<b>LCMA</b> 10:00-3:00
		<b>LCMA</b> 3:30-9:00	<b>LCMA</b> 3:30-9:00	<b>LCMA</b> 3:30-9:00	<b>LCMA</b> 3:30-9	

Begins  
6/01/2024