

July 2026						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Gym On	2 Gym On	3 Gym On	4 Gym On	5
6 Gym On	7 Gym On	8 Gym On	9 Gym On	10 Gym On	11 Gym On	12
13 Gym On	14 Gym On	15 Gym On	16 Gym On	17 Gym On	18 No Gym	19
20 Off	21 Off	22 Off	23 Off	24 Off	25 Off	26
27 Off	28 Off	29 Off	30 Off	31 Off		