



LOGILATES

JULY 2022

| Sunday     | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|--------|---------|-----------|----------|--------|----------|
|            |        |         |           |          | 1.     | 2.       |
| 3.         | 4.     | 5.      | 6.        | 7.       | 8.     | 9.       |
| 10.        | 11.    | 12.     | 13.       | 14.      | 15.    | 16.      |
| 17.        | 18.    | 19.     | 20.       | 21.      | 22.    | 23.      |
| 24.<br>31. | 25.    | 26.     | 27.       | 28.      | 29.    | 30.      |