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| VB Conditioning July | 2023 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  | **1** |
|  |  |  |  |  |  |  |
| **2** | **3** | **4** | **5** | **6** | **7** | **8** |
|  |  | **No Practice** | **No Practice** |  |  |  |
| **9** | **10** | **11** | **12** | **13** | **14** | **15** |
|  |  | **6:00 – 8:00** | **6:00 – 8:00** |  |  |  |
| **16** | **17** | **18** | **19** | **20** | **21** | **22** |
|  |  | **6:00 – 8:00** | **6:00 – 8:00** |  |  |  |
| **23** | **24** | **25** | **26** | **27** | **28** | **29** |
|  |  | **Tryouts**  **6:00 – 8:00** | **Tryouts**  **6:00 – 8:00** | **Tryouts**  **6:00 – 8:00** |  |  |
| **30** | **31** |  |  |  |  |  |
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