



# JULY 2010



Mon	Tue	Wed	Thu	Fri
			<b>1</b> 10:00-10:20 Style 10:20-11:10 High FS 11:20-12:10 High FS 12:10-1:00 Mixed FS 1:10-2:00 High FS 2:00-2:50 Low FS	<b>2</b> 9:00-9:20 Mixed Style 9:20-10:10 Mixed FS 10:20-11:10 Mixed FS 11:10-12:00 Mixed FS
<b>5</b> 10:00-10:20 High Style 10:20-11:10 High FS 11:20-12:10 High FS 12:10-1:00 Mixed FS 1:10-2:00 High FS 2:00-2:20 Stroking 2:30-2:50 Low Style 2:50-3:40 Low FS	<b>6</b> 10:00-10:20 Style 10:20-11:10 High FS 11:20-12:10 High FS 12:10-1:00 Mixed FS 1:10-2:00 High FS 2:00-2:50 Low FS	<b>7</b> 10:00-10:20 High Style 10:20-11:10 High FS 11:20-12:10 High FS 12:10-1:00 Mixed FS 1:10-2:00 High FS 2:00-2:20 Stroking 2:30-2:50 Low Style 2:50-3:40 Low FS	<b>8</b> 10:00-10:20 Style 10:20-11:10 High FS 11:20-12:10 High FS 12:10-1:00 Mixed FS 1:10-2:00 High FS 2:00-2:50 Low FS	<b>9</b> 9:00-9:20 Mixed Style 9:20-10:10 Mixed FS 10:20-11:10 Mixed FS 11:10-12:00 Mixed FS
<b>12</b> 10:00-10:20 High Style 10:20-11:10 High FS 11:20-12:10 High FS 12:10-1:00 Mixed FS 1:10-2:00 High FS 2:00-2:20 Stroking 2:30-2:50 Low Style 2:50-3:40 Low FS	<b>13</b> 10:00-10:20 Style 10:20-11:10 High FS 11:20-12:10 High FS 12:10-1:00 Mixed FS 1:10-2:00 High FS 2:00-2:50 Low FS	<b>14</b> 10:00-10:20 High Style 10:20-11:10 High FS 11:20-12:10 High FS 12:10-1:00 Mixed FS 1:10-2:00 High FS 2:00-2:20 Stroking 2:30-2:50 Low Style 2:50-3:40 Low FS	<b>15</b> 10:00-10:20 Style 10:20-11:10 High FS 11:20-12:10 High FS 12:10-1:00 Mixed FS 1:10-2:00 High FS 2:00-2:50 Low FS	<b>16</b> 9:00-9:20 Mixed Style 9:20-10:10 Mixed FS 10:20-11:10 Mixed FS 11:10-12:00 Mixed FS
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