

## July 2017

### Fort Bragg - MASP On-Site Coordinators:

Robin Womac | 512-818-1528

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	DONSA	Independence Day	Cooking Day 1 Adventures in Agriculture Fun Stuff - Woodburning HIIT/Rowing Aquatics - Lap Swim Cycling Disc Golf	Cooking Day 2 TRX/Couch to 5K Back Clinic Archery, Bocce, Walking H4W Outdoor Water Sports Camp	Kayaking & Picnic - Lake Rim Warrior 1000 Cycling Aquatics - lap Swim H4W Outdoor Water Sports Camp	H4W Outdoor Water Sports Camp
9	10	11	12	13	14	15
	Meditation Cycling Aquatics - Lap Swimming	Bible Study Creative Arts Spin Archery, Bocce, Walking Back Clinic	Cooking Day 1 Adventures in Agriculture Fun Stuff - Sewing buttons Aquatics - Lap Swim Cycling 101 Disc Golf	Cooking Day 2 TRX/Couch to 5K Back Clinic Archery, Bocce, Walking Sports Nutrition	Kayaking Lake Crabtree Aquatics - lap Swim	Crank Arm Bike Ride - Elon
16	17	18	19	20	21	22
	Meditation Time Management Cycling Aquatics - Lap Swimming	Bible Study Creative Arts Spin Archery, Bocce, Walking Back Clinic	Cooking Day 1 Adventures in Agriculture Fun Stuff - Woodburning HIIT/Rowing Aquatics - Lap Swim Cycling 101 Disc Golf	Cooking Day 2 TRX/Couch to 5K Back Clinic Archery, Bocce, Walking	Cycling Aquatics - lap Swim H4W Triathlon Camp	MWR Free 5K H4W Triathlon Camp
23	24	25	26	27	28	29
	Meditation Cycling Aquatics - Lap Swimming	Bible Study Creative Arts Spin Archery, Bocce, Walking Back Clinic	Cooking Day 1 Adventures in Agriculture Fun Stuff - Make a Pin Cushion Warrior 1000 Carolina Beach adaptive cycling & surfing Aquatics - Lap Swim	Cooking Day 2 TRX/Couch to 5K Back Clinic Archery, Bocce, Walking Sports Nutrition	Cycling Aquatics - lap Swim	
30	31					
	Meditation Time Management Cycling Aquatics - Lap Swimming					