July 2017

Navy Medical Center San Diego - MASP On-Site Coordinators:

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Sunday	Sunday Monday		Tuesday		V	Wednesday		Thursday			Friday		Saturday	
2		3		4		5			6		7		8	
	DONSA		Independer	nce Day	Meditation		Swim Wor	rkout		Swim Work	out			
					Dance Clinic		Yoga & Del Mar		Strength Tra	Strength Training				
					Swim Workout Session 1 & 2		Yoga & H&W							
					Adapted Cross Fit		Yoga (Happy Back)							
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	Strength Training		Swim Workout		Beginner Strength Training		Swim Workout		Swim Workout					
	Tai Chi		Outrigger Canoe		Meditation		Yoga & Del Mar		Strength Training					
	Tennis		Beginner Swim Aquatic Healthy Back		Dance Clinic Swim Workout Session 1 & 2		Yoga & H&W Yoga (Happy Back)							
	Qi Gong													
	Art Class		Air Shooting 1 & 2		Adapted Cross Fit									
			Yoga											
			WII Healthy Cooking											
			Adaptive P											
16		17		18		19			20		21		22	
10		±/		10		1.5								
	Strength Training		Swim Workout		Beginner Strength Training		Swim Workout		Swim Work	out.				
	Tai Chi		Outrigger Canoe		Meditation				Strength Training					
							Yoga & Del Mar		Strength Tra	airiirig				
	Adaptive Powerlifting		Beginner Swim		Dance Clinic		Yoga & H&W							
	Art Class		Aquatic Healthy Back		Swim Workout Session 1 & 2		Yoga (Happy Back)							
	Evening Salsa	3	Air Shootin	g 1 & 2	Adapted Cr	oss Fit								
			Yoga											
			WII Healthy Cooking											
			Adaptive P	owerlifting										
23		24		25		26			27		28		29	
	Strength Training		Swim Workout		Beginner Strength Training		Swim Workout		Swim Workout					
	Tai Chi		Outrigger Canoe		Meditation		Yoga & Del Mar		Strength Training					
	Adaptive Powe		Beginner Swim			Dance Clinic		Yoga & H&W		Sueligui Ha				
	Tennis						Yogo (Hoppy Book)							
				Aquatic Healthy Back		Swim Workout Session 1 & 2		Yoga (Happy Back)						
	Art Class		Air Shooting 1 & 2		Adapted Cross Fit									
			Yoga											
			WII Healthy	/ Cooking										
			Adaptive P	owerlifting										
30		31												
	Strength Train	ning												
	Tai Chi													
	Adaptive Powerlifting													
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	Art Class													
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