

July 2017

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

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Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
2		3		4		5		6		7		8	
		DONSA		Independence Day		Meditation Dance Clinic Swim Workout Session 1 & 2 Adapted Cross Fit		Swim Workout Yoga & Del Mar Yoga & H&W Yoga (Happy Back)		Swim Workout Strength Training			
9		10		11		12		13		14		15	
		Strength Training Tai Chi Tennis Qi Gong Art Class		Swim Workout Outrigger Canoe Beginner Swim Aquatic Healthy Back Air Shooting 1 & 2 Yoga WII Healthy Cooking Adaptive Powerlifting		Beginner Strength Training Meditation Dance Clinic Swim Workout Session 1 & 2 Adapted Cross Fit		Swim Workout Yoga & Del Mar Yoga & H&W Yoga (Happy Back)		Swim Workout Strength Training			
16		17		18		19		20		21		22	
		Strength Training Tai Chi Adaptive Powerlifting Art Class Evening Salsa		Swim Workout Outrigger Canoe Beginner Swim Aquatic Healthy Back Air Shooting 1 & 2 Yoga WII Healthy Cooking Adaptive Powerlifting		Beginner Strength Training Meditation Dance Clinic Swim Workout Session 1 & 2 Adapted Cross Fit		Swim Workout Yoga & Del Mar Yoga & H&W Yoga (Happy Back)		Swim Workout Strength Training			
23		24		25		26		27		28		29	
		Strength Training Tai Chi Adaptive Powerlifting Tennis Art Class		Swim Workout Outrigger Canoe Beginner Swim Aquatic Healthy Back Air Shooting 1 & 2 Yoga WII Healthy Cooking Adaptive Powerlifting		Beginner Strength Training Meditation Dance Clinic Swim Workout Session 1 & 2 Adapted Cross Fit		Swim Workout Yoga & Del Mar Yoga & H&W Yoga (Happy Back)		Swim Workout Strength Training			
30		31											
		Strength Training Tai Chi Adaptive Powerlifting Qi Gong Art Class											