<table>
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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SAT/SUN</th>
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<tr>
<td>TENNIS 1000-1200 ET Darnestown, MD</td>
<td>ROWFIT 1230-1330 Walter Reed</td>
<td>CYCLING 1000-1200 ET Walter Reed</td>
<td>NATURE WALK 1030-1200 ET Washington DC</td>
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<td>ROWFIT 1230-1330 Walter Reed</td>
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<tr>
<td>ROWFIT 1500-1600 Ft. Belvoir</td>
<td>WARRIOR YOGA 1100-1200 ET Walter Reed</td>
<td>ROWFIT 1230-1330 Walter Reed</td>
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<td>“SUNSET ROW” 1800-2000 ET Washington, DC</td>
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