

August 2026

MONTHLY PLANNER

08 / 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 MICHELLE 10:30AM DEEP
2	3 MICHELLE 8:45AM DEEP 9:45AM FIT	4 MICHELLE 8:30AM DEEP 9:30AM FIT	5 ELIZABETH 8:30AM DEEP	6 MICHELLE 8:30AM DEEP 9:30AM FIT	7 SUSANNAH 8:30AM DEEP 9:30AM FIT	8 MICHELLE 10:30AM DEEP
9	10 MICHELLE 8:45AM DEEP 9:45AM FIT	11 MICHELLE 8:30AM DEEP 9:30AM FIT	12 ELIZABETH 8:30AM DEEP	13 MICHELLE 8:30AM DEEP 9:30AM FIT	14 SUSANNAH 8:30AM DEEP 9:30AM FIT	15 NAO 9:00AM DEEP
16	17 MICHELLE 8:45AM DEEP 9:45AM FIT	18 MICHELLE 8:30AM DEEP 9:30AM FIT	19 SUSANNAH 8:30AM DEEP	20 MICHELLE 8:30AM DEEP 9:30AM FIT	21 SUSANNAH 8:30AM DEEP 9:30AM FIT	22 NAO 9:00AM DEEP
23	24 MICHELLE 8:45AM DEEP 9:45AM FIT	25 MICHELLE 8:30AM DEEP 9:30AM FIT	26 SUSANNAH 8:30AM DEEP	27 MICHELLE 8:30AM DEEP 9:30AM FIT	28 SUSANNAH 8:30AM DEEP 9:30AM FIT	29 NAO 9:00AM DEEP
30	31 MICHELLE 8:45AM DEEP 9:45AM FIT					

Subject to change