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| July |  |
|  | 2019 |
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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
|  |  |  |  |  |  |  |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|  |  |  |  | Prenatal Yoga @KAVA6-7:30PM |  | Yoga Flow I @YMCA Los Altos8:08-9AM |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Prenatal Yoga @KAVA8:30-10AM |  |  |  | Prenatal Yoga @KAVA6-7:30PM |  | Yoga Flow I @YMCA Los Altos8:08-9AM |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Prenatal Yoga @KAVA8:30-10AM |  |  |  |  |  |  |
| 28 | 29 | 30 | 31 |  |  |  |
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