**Summer 2024**

**SGB**-Sea Girt Boardwalk: Beacon Blvd

**MB**: Manasquan Beach- inlet

**Turf**: on our turf field on North Main Street

**LAF**: Landmark Athletics and Fitness

**BP:**  Bike path- main street entrance

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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| July 7  off | July 8  5:00 MB Yoga | July 9  Turf  7:30-8:30 a.m. | July 10  6:00 pm LAF | July 11  Turf  7:30-8:30 a.m. | July 12  7:30 a.m. SGB | July 13  off |
| July 14  off | July 15  5:00 MB Yoga | July 16  Turf  7:30-8:30 a.m. | July 17  6:00 pm LAF | July 18  Turf  7:30-8:30 a.m. | July 19  7:30 a.m. SGB | July 20  off |
| July 21  off | July 22  5:00 MB Yoga | July 23  Turf  7:30-8:30 a.m. | July 24  6:00 pm LAF | July 25  Turf  7:30-8:30 a.m. | July 26  7:30 a.m. SGB | July 27  off |
| July 28  off | July 29  5:00 MB Yoga | July 30  Turf  7:30-8:30 a.m. | July 31  6:00 pm LAF | August 1  Turf  7:30-8:30 a.m. | August 2  7:30 a.m. SGB | August 3  off |
| August 4  off | August 5  5:00 MB Yoga | August 6  Turf  7:30-8:30 a.m. | August 7  6:00 pm LAF | August 8  Turf  7:30-8:30 a.m. | August 9  7:30 a.m. SGB | August 10  off |
| August 11  off | August 12  5:00 MB Yoga | August 13  Turf  7:30-8:30 a.m. | August 14  6:00 pm LAF | August 15  Turf  7:30-8:30 a.m. | August 16  7:30 a.m. SGB | August 17  off |