**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 7off | July 85:00 MB Yoga | July 9Turf 7:30-8:30 a.m. | July 106:00 pm LAF | July 11Turf 7:30-8:30 a.m. | July 127:30 a.m. SGB | July 13off |
| July 14off | July 155:00 MB Yoga | July 16Turf 7:30-8:30 a.m. | July 176:00 pm LAF  | July 18Turf 7:30-8:30 a.m. | July 197:30 a.m. SGB | July 20off |
| July 21off | July 225:00 MB Yoga | July 23Turf 7:30-8:30 a.m. | July 246:00 pm LAF | July 25Turf 7:30-8:30 a.m. | July 267:30 a.m. SGB | July 27off |
| July 28off | July 295:00 MB Yoga | July 30Turf 7:30-8:30 a.m. | July 316:00 pm LAF  | August 1Turf 7:30-8:30 a.m. | August 27:30 a.m. SGB | August 3off |
| August 4off | August 55:00 MB Yoga | August 6Turf 7:30-8:30 a.m. | August 76:00 pm LAF | August 8Turf 7:30-8:30 a.m. | August 97:30 a.m. SGB | August 10off |
| August 11off | August 125:00 MB Yoga | August 13Turf 7:30-8:30 a.m. | August 146:00 pm LAF  | August 15Turf 7:30-8:30 a.m. | August 167:30 a.m. SGB | August 17off |