

Jul.Aug 2024 ESS Monthly Activity Calendar

Exercise ● 1600~1730 ★1300~1600						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 ●AR	3	4 ●AS	5 ●AS	6
7	8	9	10	11 ★AR	12 ★AR	13
14	15	16 ●AS	17	18	19	20
21	22	23	24	25	26	27
28	28	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

