



Notes

 Monday




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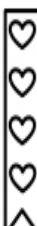
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H2O  \$ \_\_\_\_\_ Fitness

 Tuesday




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H2O  \$ \_\_\_\_\_ Fitness

 Wednesday




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H2O  \$ \_\_\_\_\_ Fitness

Thursday 




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H2O  \$ \_\_\_\_\_ Fitness

Friday 



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H2O  \$ \_\_\_\_\_ Fitness

Saturday 




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H2O  \$ \_\_\_\_\_ Fitness

Sunday 



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H2O  \$ \_\_\_\_\_ Fitness