

## AUGUST 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26 5AM Get Lifted	27	28 5AM Get Lifted	29	30 5AM Get Lifted	31 8AM Get Lifted

## SEPTEMBER 2024

1	2 8AM Get Lifted	3 5AM Get Lifted	4	5 5AM Get Lifted	6 5AM Get Lifted	7
8	9 5AM Get Lifted	10	11 5AM Get Lifted	12 5AM Get Lifted	13	14 6AM Get Lifted
15	16 5AM Get Lifted	17	18 5AM Get Lifted	19	20 5M Get Lifted	21 8AM Get Lifted
22	23 6AM Get Lifted	24 5AM Get Lifted	25	26 5AM Get Lifted	27 5AM Get Lifted	28
29	30 5AM Get Lifted					

