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|  | July 2025 |
| El Progreso, Honduras |
| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|   |   | 1  | 2  | 3  | 4  | 5  |
|     |     | Sunrise: 5:24 AM Sunset: 6:25 PM Daylight: 13 hours and 1 minute.  | Sunrise: 5:24 AM Sunset: 6:25 PM Daylight: 13 hours and 1 minute.  | Sunrise: 5:24 AM Sunset: 6:26 PM Daylight: 13 hours and 1 minute.  | Sunrise: 5:25 AM Sunset: 6:26 PM Daylight: 13 hours and 0 minutes.  | Sunrise: 5:25 AM Sunset: 6:26 PM Daylight: 13 hours and 0 minutes.  |
| 6  | 7  | 8  | 9  | 10  | 11  | 12  |
| Sunrise: 5:25 AM Sunset: 6:26 PM Daylight: 13 hours and 0 minutes.  | Sunrise: 5:26 AM Sunset: 6:26 PM Daylight: 13 hours and 0 minutes.  | Sunrise: 5:26 AM Sunset: 6:26 PM Daylight: 12 hours and 59 minutes.  | Sunrise: 5:26 AM Sunset: 6:26 PM Daylight: 12 hours and 59 minutes.  | Sunrise: 5:26 AM Sunset: 6:26 PM Daylight: 12 hours and 59 minutes.  | Sunrise: 5:27 AM Sunset: 6:26 PM Daylight: 12 hours and 58 minutes.  | Sunrise: 5:27 AM Sunset: 6:26 PM Daylight: 12 hours and 58 minutes.  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| Sunrise: 5:27 AM Sunset: 6:26 PM Daylight: 12 hours and 58 minutes.  | Sunrise: 5:28 AM Sunset: 6:25 PM Daylight: 12 hours and 57 minutes.  | Sunrise: 5:28 AM Sunset: 6:25 PM Daylight: 12 hours and 57 minutes.  | Sunrise: 5:28 AM Sunset: 6:25 PM Daylight: 12 hours and 56 minutes.  | Sunrise: 5:29 AM Sunset: 6:25 PM Daylight: 12 hours and 56 minutes.  | Sunrise: 5:29 AM Sunset: 6:25 PM Daylight: 12 hours and 56 minutes.  | Sunrise: 5:29 AM Sunset: 6:25 PM Daylight: 12 hours and 55 minutes.  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| Sunrise: 5:30 AM Sunset: 6:25 PM Daylight: 12 hours and 55 minutes.  | Sunrise: 5:30 AM Sunset: 6:24 PM Daylight: 12 hours and 54 minutes.  | Sunrise: 5:30 AM Sunset: 6:24 PM Daylight: 12 hours and 54 minutes.  | Sunrise: 5:30 AM Sunset: 6:24 PM Daylight: 12 hours and 53 minutes.  | Sunrise: 5:31 AM Sunset: 6:24 PM Daylight: 12 hours and 53 minutes.  | Sunrise: 5:31 AM Sunset: 6:24 PM Daylight: 12 hours and 52 minutes.  | Sunrise: 5:31 AM Sunset: 6:23 PM Daylight: 12 hours and 51 minutes.  |
| 27  | 28  | 29  | 30  | 31  |   |   |
| Sunrise: 5:32 AM Sunset: 6:23 PM Daylight: 12 hours and 51 minutes.  | Sunrise: 5:32 AM Sunset: 6:23 PM Daylight: 12 hours and 50 minutes.  | Sunrise: 5:32 AM Sunset: 6:22 PM Daylight: 12 hours and 50 minutes.  | Sunrise: 5:32 AM Sunset: 6:22 PM Daylight: 12 hours and 49 minutes.  | Sunrise: 5:33 AM Sunset: 6:22 PM Daylight: 12 hours and 49 minutes.  |     |     |