|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | July 2025 | | | | | |
| Helena, Alabama, United States | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | Sunrise: 5:41 AM  Sunset: 8:00 PM  Daylight: 14 hours and 19 minutes. | Sunrise: 5:42 AM  Sunset: 8:00 PM  Daylight: 14 hours and 18 minutes. | Sunrise: 5:42 AM  Sunset: 8:00 PM  Daylight: 14 hours and 18 minutes. | Sunrise: 5:42 AM  Sunset: 8:00 PM  Daylight: 14 hours and 17 minutes. | Sunrise: 5:43 AM  Sunset: 8:00 PM  Daylight: 14 hours and 17 minutes. |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Sunrise: 5:43 AM  Sunset: 8:00 PM  Daylight: 14 hours and 16 minutes. | Sunrise: 5:44 AM  Sunset: 8:00 PM  Daylight: 14 hours and 15 minutes. | Sunrise: 5:44 AM  Sunset: 7:59 PM  Daylight: 14 hours and 15 minutes. | Sunrise: 5:45 AM  Sunset: 7:59 PM  Daylight: 14 hours and 14 minutes. | Sunrise: 5:45 AM  Sunset: 7:59 PM  Daylight: 14 hours and 13 minutes. | Sunrise: 5:46 AM  Sunset: 7:59 PM  Daylight: 14 hours and 12 minutes. | Sunrise: 5:47 AM  Sunset: 7:58 PM  Daylight: 14 hours and 11 minutes. |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Sunrise: 5:47 AM  Sunset: 7:58 PM  Daylight: 14 hours and 10 minutes. | Sunrise: 5:48 AM  Sunset: 7:58 PM  Daylight: 14 hours and 9 minutes. | Sunrise: 5:48 AM  Sunset: 7:57 PM  Daylight: 14 hours and 8 minutes. | Sunrise: 5:49 AM  Sunset: 7:57 PM  Daylight: 14 hours and 7 minutes. | Sunrise: 5:50 AM  Sunset: 7:56 PM  Daylight: 14 hours and 6 minutes. | Sunrise: 5:50 AM  Sunset: 7:56 PM  Daylight: 14 hours and 5 minutes. | Sunrise: 5:51 AM  Sunset: 7:56 PM  Daylight: 14 hours and 4 minutes. |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Sunrise: 5:52 AM  Sunset: 7:55 PM  Daylight: 14 hours and 3 minutes. | Sunrise: 5:52 AM  Sunset: 7:54 PM  Daylight: 14 hours and 2 minutes. | Sunrise: 5:53 AM  Sunset: 7:54 PM  Daylight: 14 hours and 1 minute. | Sunrise: 5:54 AM  Sunset: 7:53 PM  Daylight: 13 hours and 59 minutes. | Sunrise: 5:54 AM  Sunset: 7:53 PM  Daylight: 13 hours and 58 minutes. | Sunrise: 5:55 AM  Sunset: 7:52 PM  Daylight: 13 hours and 57 minutes. | Sunrise: 5:56 AM  Sunset: 7:51 PM  Daylight: 13 hours and 55 minutes. |
| 27 | 28 | 29 | 30 | 31 |  |  |
| Sunrise: 5:56 AM  Sunset: 7:51 PM  Daylight: 13 hours and 54 minutes. | Sunrise: 5:57 AM  Sunset: 7:50 PM  Daylight: 13 hours and 53 minutes. | Sunrise: 5:58 AM  Sunset: 7:49 PM  Daylight: 13 hours and 51 minutes. | Sunrise: 5:58 AM  Sunset: 7:48 PM  Daylight: 13 hours and 50 minutes. | Sunrise: 5:59 AM  Sunset: 7:48 PM  Daylight: 13 hours and 48 minutes. |  |  |