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|  | 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.  |     |     |