



December 2021

Gym 1



Hours
 Monday-Friday
 5am-9pm
 Saturday
 7am-7pm
 Sunday
 10am-4pm

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Functional Training 5:30-6:15 a.m. AAU Williams 4:30-6 p.m. Adult Vball 6-9:45	2 Functional Training 5:30-6:15 a.m.	3 Functional Training 5:30-6:15 a.m. AAU Williams 4:30-6 p.m. Adult Vball 6-9:45	4
5	6 Functional Training 5:30-6:15 a.m. AAU Williams 4:30-6 p.m. Adult Vball 6-9:45	7 Functional Training 5:30-6:15 a.m.	8 Functional Training 5:30-6:15 a.m. AAU Williams 4:30-6 p.m. Adult Vball 6-9:45	9 Functional Training 5:30-6:15 a.m.	10 Functional Training 5:30-6:15 a.m. AAU Williams 4:30-6 p.m. Adult Vball 6-9:45	11
12	13 Functional Training 5:30-6:15 a.m. AAU Williams 4:30-6 p.m. Adult Vball 6-9:45	14 Functional Training 5:30-6:15 a.m.	15 Functional Training 5:30-6:15 a.m. AAU Williams 4:30-6 p.m. Adult Vball 6-9:45	16 Functional Training 5:30-6:15 a.m.	17 Functional Training 5:30-6:15 a.m. AAU Williams 4:30-6 p.m. Adult Vball 6-9:45	18
19	20	21	22	23	24 Boot Camp 8:00am-9:00am JRD Closed 3pm	25 JRD Closed Christmas
26	27	28	29	30	31 JRD Closed New Year's Eve	