



January 2022

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Gym 1



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

2	3 Functional Training 5:30-6:15 a.m. AAU Williams 4:30-6 p.m. Adult Vball 6-9:45	4 Functional Training 5:30-6:15 a.m.	5 Functional Training 5:30-6:15 a.m. AAU Williams 4:30-6 p.m. Adult Vball 6-9:45	6 Functional Training 5:30-6:15 a.m.	7 Functional Training 5:30-6:15 a.m. AAU Williams 4:30-6 p.m. Adult Vball 6-9:45	8
9	10 Functional Training 5:30-6:15 a.m. AAU Williams 4:30-6 p.m. Adult Vball 6-9:45	11 Functional Training 5:30-6:15 a.m.	12 Functional Training 5:30-6:15 a.m. AAU Williams 4:30-6 p.m. Adult Vball 6-9:45	13 Functional Training 5:30-6:15 a.m.	14 Functional Training 5:30-6:15 a.m. AAU Williams 4:30-6 p.m. Adult Vball 6-9:45	15
16	17 Functional Training 5:30-6:15 a.m. AAU Williams 4:30-6 p.m. Adult Vball 6-9:45	18	19 Functional Training 5:30-6:15 a.m. AAU Williams 4:30-6 p.m. Adult Vball 6-9:45	20	21 Functional Training 5:30-6:15 a.m. AAU Williams 4:30-6 p.m. Adult Vball 6-9:45	22
23	24 Functional Training 5:30-6:15 a.m. AAU Williams 4:30-6 p.m. Adult Vball	25	26 Functional Training 5:30-6:15 a.m. AAU Williams 4:30-6 p.m.	27	28 Functional Training 5:30-6:15 a.m. AAU Williams 4:30-6 p.m. Adult Vball	29
30	31 Functional Training 5:30-6:15 a.m. AAU Williams 4:30-6 p.m. Adult Vball					