



August 2022

MON

TUE

WED

THU

FRI

SAT

1
Functional Training
5:30-6:15 a.m.

2
Functional Training
5:30-6:15 a.m.

3
Functional Training
5:30-6:15 a.m.

4
Functional Training
5:30-6:15 a.m.

5
Functional Training
5:30-6:15 a.m.

6

Gym 1

7

8
Functional Training
5:30 a.m.-6:15 a.m.

9

**CLOSE AT
4pm for parade**

10

Functional Training
5:30 a.m.-6:15 a.m.
9

11

Functional Training
5:30 a.m.-6:15 a.m.

12

Functional Training
5:30 a.m.-6:15 a.m.

13

14

15
Functional Training
5:30 a.m.-6:15 a.m.

16

Functional Training
5:30 a.m.-6:15 a.m.

17

Functional Training
5:30 a.m.-6:15 a.m.

18

Functional Training
5:30 a.m.-6:15 a.m.

19

Functional Training
5:30 a.m.-6:15 a.m.

20

21

22
Functional Training
5:30-6:15 a.m.

23

Functional Training
5:30-6:15 a.m.

24

Functional Training
5:30 a.m.-6:15 a.m.

25

Functional Training
5:30 a.m.-6:15 a.m.

26

Functional Training
5:30 a.m.-6:15 a.m.

27

28

29
Functional Training
5:30-6:15 a.m.

30

Functional Training
5:30-6:15 a.m.

31

Functional Training
5:30 a.m.-6:15 a.m.



Hours

Monday-Friday

5am-9pm

Saturday

7am-7pm

Sunday

10am-4pm