



August 2022

SUN MON TUE WED THU FRI SAT

	1 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am	2 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am	3 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am	4 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am	5 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am	6
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7	8 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am	9 CLOSE at 4pm for parade	10 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am	11 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am	12 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am	13
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14	15 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am	16 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am	17 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am	18 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am	19 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am	20
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21	22 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am	23 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am	24 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am	25 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am	26 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am	27
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28	29 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am	30 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am	31 Functional Training 5:30 a.m.-6:15 a.m. Boot Camp 8:00am - 8:45am			
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Gym 2



Hours

Monday-Friday

5am-9pm

Saturday

7am-7pm

Sunday

10am-4pm