



# SEPTEMBER 2022

## Gym 2



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

| SUN             | MON  | TUE   | WED  | THU   | FRI  | SAT  |
|-----------------|--|---|--|---|--|--|
|                 |  |   |  | 1<br>Functional Training<br>5:30 a.m.-6:15 a.m.<br>Boot Camp<br>8:00am - 8:45am   | 2<br>Functional Training<br>5:30 a.m.-6:15 a.m.<br>Boot Camp<br>8:00am - 8:45am  | 3  |
| 4<br>JRD CLOSED | 5<br>JRD CLOSED  | 6<br>Functional Training<br>5:30 a.m.-6:15 a.m.<br>Boot Camp<br>8:00am - 8:45am                       | 7<br>Functional Training<br>5:30 a.m.-6:15 a.m.<br>Boot Camp<br>8:00am - 8:45am                                  | 8<br>Functional Training<br>5:30 a.m.-6:15 a.m.<br>Boot Camp<br>8:00am - 8:45am   | 9<br>Functional Training<br>5:30 a.m.-6:15 a.m.<br>Boot Camp<br>8:00am - 8:45am  | 10<br>DNA Basketball<br>10:00 a.m. - 2:30 p.m. |
| 11              | 12<br>Functional Training<br>5:30 a.m.-6:15 a.m.<br>Boot Camp<br>8:00am - 8:45am<br>VB Clinic<br>5:00pm - 6:15pm | 13<br>Functional Training<br>5:30 a.m.-6:15 a.m.<br>Boot Camp<br>8:00am - 8:45am                      | 14<br>Functional Training<br>5:30 a.m.-6:15 a.m.<br>Boot Camp<br>8:00am - 8:45am<br>VB Clinic<br>5:00pm - 6:15pm | 15<br>Functional Training<br>5:30 a.m.-6:15 a.m.<br>Boot Camp<br>8:00am - 8:45am<br>Ladies Night Out<br>3:30pm - 9:00pm | 16<br>Functional Training<br>5:30 a.m.-6:15 a.m.<br>Boot Camp<br>8:00am - 8:45am | 17   |
| 18              | 19<br>Functional Training<br>5:30 a.m.-6:15 a.m.<br>Boot Camp<br>8:00am - 8:45am<br>VB Clinic<br>5:00pm - 6:15pm | 20<br>Functional Training<br>5:30 a.m.-6:15 a.m.<br>Boot Camp<br>8:00am - 8:45am<br>AAU<br>4:30pm-8pm | 21<br>Functional Training<br>5:30 a.m.-6:15 a.m.<br>Boot Camp<br>8:00am - 8:45am<br>VB Clinic<br>5:00pm - 6:15pm | 22<br>Functional Training<br>5:30 a.m.-6:15 a.m.<br>Boot Camp<br>8:00am - 8:45am<br>AAU<br>4:30pm-8pm                   | 23<br>Functional Training<br>5:30 a.m.-6:15 a.m.<br>Boot Camp<br>8:00am - 8:45am | 24   |
| 25              | 26<br>Functional Training<br>5:30 a.m.-6:15 a.m.<br>Boot Camp<br>8:00am - 8:45am<br>VB Clinic<br>5:00pm - 6:15pm | 27<br>Functional Training<br>5:30 a.m.-6:15 a.m.<br>Boot Camp<br>8:00am - 8:45am<br>AAU<br>4:30pm-8pm | 28<br>Functional Training<br>5:30 a.m.-6:15 a.m.<br>Boot Camp<br>8:00am - 8:45am<br>VB Clinic<br>5:00pm - 6:15pm | 29<br>Functional Training<br>5:30 a.m.-6:15 a.m.<br>Boot Camp<br>8:00am - 8:45am<br>AAU<br>4:30pm-8pm                   | 30<br>Functional Training<br>5:30 a.m.-6:15 a.m.<br>Boot Camp<br>8:00am - 8:45am |  |