



September 2022

MON

TUE

WED

THU

FRI

SAT

Gym 1



Hours

Monday-Friday

5am-9pm

Saturday

7am-7pm

Sunday

10am-4pm

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
4	5	6	7 Functional Training 5:30 a.m.-6:15 a.m.	8 Functional Training 5:30 a.m.-6:15 a.m.	9 Functional Training 5:30 a.m.-6:15 a.m.
10	11	12 Functional Training 5:30 a.m.-6:15 a.m.	13 Functional Training 5:30 a.m.-6:15 a.m.	14 Functional Training 5:30 a.m.-6:15 a.m.	15 Functional Training 5:30 a.m.-6:15 a.m.
16	17	18	19 Functional Training 5:30-6:15 a.m.	20 Functional Training 5:30-6:15 a.m.	21 Functional Training 5:30 a.m.-6:15 a.m.
22	23	24	25	26 Functional Training 5:30-6:15 a.m.	27 Functional Training 5:30-6:15 a.m.
28	29	30			

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