



December 2022

Gym 1



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

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Functional Training 5:30am - 6:15 am	2 Functional Training 5:30-6:15 a.m. AAU Howard 2:30pm - 4:00pm Adult VB 6:00pm - 9:45pm	3
4	5 Functional Training 5:30-6:15 a.m. AAU Williams 4:30pm - 6:00pm Adult VB 6:00pm - 9:45pm	6 Functional Training 5:30am - 6:15 am DNA BB 6:00pm - 8:00pm	7 Functional Training 5:30-6:15 a.m. Howard AAU 3:15pm - 4:30pm AAU Williams 4:30pm- 6:00 pm Adult VB 6:00pm - 9:45pm	8 Functional Training 5:30am - 6:15 am DNA BB 6:00pm - 8:00pm	9 Functional Training 5:30-6:15 a.m. AAU Howard 2:30pm - 4:00pm Adult VB 6:00pm - 9:45pm	10
11	12 Functional Training 5:30-6:15 a.m. AAU Williams 4:30pm - 6:00pm Adult VB 6:00pm - 9:45pm	13 Functional Training 5:30am - 6:15 am DNA BB 6:00pm - 8:00pm	14 Functional Training 5:30-6:15 a.m. Howard AAU 3:15pm - 4:30pm AAU Williams 4:30pm- 6:00 pm Adult VB 6:00pm - 9:45pm	15 Functional Training 5:30am - 6:15 am DNA BB 6:00pm - 8:00pm	16 Functional Training 5:30-6:15 a.m. AAU Howard 2:30pm - 4:00pm Adult VB 6:00pm - 9:45pm	17
18	19 Functional Training 5:30-6:15 a.m. AAU Williams 4:30pm - 6:00pm Adult VB	20 Functional Training 5:30am - 6:15 am DNA BB 6:00pm - 8:00pm	21 Functional Training 5:30-6:15 a.m. Howard AAU 3:15pm - 4:30pm AAU Williams 4:30pm- 6:00 pm Adult VB	22 Functional Training 5:30am - 6:15 am DNA BB 6:00pm - 8:00pm	23 Functional Training 5:30-6:15 a.m. AAU Howard 2:30pm - 4:00pm	24 JRD Closed 3:00pm Christmas Eve
25 JRD Closed Christmas	26 Functional Training 5:30-6:15 a.m. AAU Williams 4:30pm - 6:00pm Adult VB 6:00pm - 9:45pm	27 Functional Training 5:30am - 6:15 am	28 Functional Training 5:30-6:15 a.m. Howard AAU 3:15pm - 4:30pm AAU Williams 4:30pm- 6:00 pm Adult VB 6:00pm - 9:45pm	29 Functional Training 5:30am - 6:15 am	30 Functional Training 5:30-6:15 a.m. AAU Howard 2:30pm - 4:00pm	31 JRD Closed 5:00pm New Years Eve