



# November 2022

## Gym 1



### Hours

Monday-Friday

5am-9pm

Saturday

7am-7pm

Sunday

10am-4pm

MON	TUE	WED	THU	FRI	SAT	
	1 Functional Training 5:30 a.m.-6:15 a.m.	2 Functional Training 5:30 a.m.-6:15 a.m.	3 Functional Training 5:30 a.m.-6:15 a.m.	4 Functional Training 5:30 a.m.-6:15 a.m.	5	
6	7 Functional Training 5:30 a.m.-6:15 a.m. VB DL 6:30-9:30p	8 Functional Training 5:30 a.m.-6:15 a.m. ELECTION 8a-8p CLOSED 8am-9pm	9 Functional Training 5:30 a.m.-6:15 a.m. VB CL 6:30-9:30p	10 Functional Training 5:30 a.m.-6:15 a.m.	11 Functional Training 5:30 a.m.-6:15 a.m. VB Women 6-9:45p	12
13	14 Functional Training 5:30 a.m.-6:15 a.m. VB DL 6:30-9:30p	15 Functional Training 5:30 a.m.-6:15 a.m.	16 Functional Training 5:30 a.m.-6:15 a.m. VB CL 6:30-9:30p	17 Functional Training 5:30 a.m.-6:15 a.m.	18 Functional Training 5:30 a.m.-6:15 a.m. VB Women 6-9:45p	19
20	21 Functional Training 5:30-6:15 a.m.	22 Functional Training 5:30-6:15 a.m.	23 Functional Training 5:30 a.m.-6:15 a.m.	24 ONLY OPEN 6AM- 10 AM	25 Functional Training 5:30 a.m.-6:15 a.m.	26
27	28 Functional Training 5:30-6:15 a.m. VB DL 6:30-9:30p	29 Functional Training 5:30-6:15 a.m.	30 Functional Training 5:30 a.m.-6:15 a.m. VB CL 6:30-9:30p			

