



March 2023

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. Basketball Academy 6:00pm - 8:00pm	3 Functional Training 5:30-6:15 a.m.	4	
5 DNA AAU 12:00pm - 2:00pm	6 Functional Training 5:30 a.m.-6:15 a.m.	7 Functional Training 5:30 a.m.-6:15 a.m. Basketball Academy 6:00pm - 8:00pm	8 Functional Training 5:30 a.m.-6:15 a.m.	9 Functional Training 5:30 a.m.-6:15 a.m. Basketball Academy 6:00pm - 8:00pm	10 Functional Training 5:30-6:15 a.m.	11 DNA Tryouts 2:00pm - 4:30pm
12 DNA AAU 12:00pm - 2:00pm	13 Functional Training 5:30 a.m.-6:15 a.m.	14 Functional Training 5:30 a.m.-6:15 a.m. Basketball Academy 6:00pm - 8:00pm	15 Functional Training 5:30 a.m.-6:15 a.m.	16 Functional Training 5:30 a.m.-6:15 a.m. Basketball Academy 6:00pm - 8:00pm	17 Functional Training 5:30-6:15 a.m.	18
19 DNA AAU 12:00pm - 2:00pm	20 Functional Training 5:30 a.m.-6:15 a.m.	21 Functional Training 5:30 a.m.-6:15 a.m.	22 Functional Training 5:30 a.m.-6:15 a.m.	23 Functional Training 5:30 a.m.-6:15 a.m.	24 Functional Training 5:30 a.m.-6:15 a.m.	25
26 DNA AAU 12:00pm - 2:00pm	27 Functional Training 5:30 a.m.-6:15 a.m.	28 Functional Training 5:30 a.m.-6:15 a.m. Basketball Academy 6:00pm - 8:00pm	29 Functional Training 5:30 a.m.-6:15 a.m.	30 Functional Training 5:30 a.m.-6:15 a.m. Basketball Academy 6:00pm - 8:00pm	31 Functional Training 5:30 a.m.-6:15 a.m.	