




# MAY 2023

SUN	MON	TUE	WED	THURS	FRI	SAT
	1 Functional Training 5:30 a.m.-6:15 a.m.	2 Functional Training 5:30 a.m.-6:15 a.m. TaeKwonDo 5:00-6:00pm	3 Functional Training 5:30 a.m.-6:15 a.m.	4 Functional Training 5:30 a.m.-6:15 a.m. TaeKwonDo 5:00-6:00pm	5 Functional Training 5:30 a.m.-6:15 a.m.	6
7	8 Functional Training 5:30 a.m.-6:15 a.m.	9 Functional Training 5:30 a.m.-6:15 a.m. TaeKwonDo 5:00-6:00pm	10 Functional Training 5:30 a.m.-6:15 a.m.	11 Functional Training 5:30 a.m.-6:15 a.m. TaeKwonDo 5:00-6:00pm	12 Functional Training 5:30-6:15 a.m.	13
14 	15 Functional Training 5:30 a.m.-6:15 a.m.	16 CLOSED FOR ELECTION	17 Functional Training 5:30 a.m.-6:15 a.m.	18 Functional Training 5:30 a.m.-6:15 a.m. TaeKwonDo 5:00-6:00pm	19 Functional Training 5:30-6:15 a.m.	20
21	22 Functional Training 5:30 a.m.-6:15 a.m.	23 Functional Training 5:30 a.m.-6:15 a.m. TaeKwonDo 5:00-6:00pm	24 Functional Training 5:30 a.m.-6:15 a.m.	25 Functional Training 5:30 a.m.-6:15 a.m. TaeKwonDo 5:00-6:00pm	26 Functional Training 5:30 a.m.-6:15 a.m.	27
28 CLOSED	29 CLOSED	30 Functional Training 5:30 a.m.-6:15 a.m. TaeKwonDo 5:00-6:00pm	31 Functional Training 5:30 a.m.-6:15 a.m.			

## Gym 1



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