



September 2023

SUN MON TUE WED THU FRI SAT

1
Functional Training
5:30-6:15 a.m.

2

Gym 1



3 CLOSED	4 CLOSED	5 Functional Training 5:30 a.m.-6:15 a.m.	6 Functional Training 5:30 a.m.-6:15 a.m.	7 Functional Training 5:30 a.m.-6:15 a.m.	8 Functional Training 5:30 a.m.-6:15 a.m.	9
10	11 Functional Training 5:30 a.m.-6:15 a.m.	12 Functional Training 5:30 a.m.-6:15 a.m. DNA FALL LEAGUE 4:30-6PM	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. Special Needs Night 6:00-7:30p	16 Sergio Strong 6:00-9:00p
17	18 Functional Training 5:30-6:15 a.m.	19 Functional Training 5:30-6:15 a.m. DNA FALL LEAGUE 4:30-6PM	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
24	25 Functional Training 5:30-6:15 a.m.	26 Functional Training 5:30-6:15 a.m.	27 Functional Training 5:30 a.m.-6:15 a.m.	28 Functional Training 5:30 a.m.-6:15 a.m.	29 Functional Training 5:30-6:15 a.m.	30

Hours

Monday-Friday

5am-9pm

Saturday

7am-7pm

Sunday

10am-4pm