



September 2023

SUN MON TUE WED THU FRI SAT

1
Functional Training
5:30 am-6:15am
Boot Camp
8:00am-8:45am

2

Gym 2



3 CLOSED	4 CLOSED	5 Functional Training 5:30am-6:15am Boot Camp 8:00am-8:45am DNA Fall League 4:30pm-8:45pm	6 Functional Training 5:30 am-6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:45am	7 Functional Training 5:30am-6:15am Boot Camp 8:00am-8:45am DNA Fall League 4:30pm-8:45pm	8 Functional Training 5:30am-6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:45am	9 DNA Fall League ??
10	11 Functional Training 5:30am-6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:45am VB Clinic 5:00pm-6:00pm	12 Functional Training 5:30am-6:15am Boot Camp 8:00am-8:45am VB Clinic 5:00pm-6:00pm DNA Fall League 6:00pm-8:45pm	13 Functional Training 5:30am-6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:45am VB Clinic 5:00pm-6:00pm	14 Functional Training 5:30am-6:15am Boot Camp 8:00am-8:45am DNA Fall League 4:30pm-8:45pm	15 Functional Training 5:30am-6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:45am	16 DNA Fall League ??
17	18 Functional Training 5:30am-6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:45am VB Clinic 5:00pm-6:00pm	19 Functional Training 5:30am-6:15am Boot Camp 8:00am-8:45am VB Clinic 5:00pm-6:00pm DNA Fall League 6:00pm-8:45pm	20 Functional Training 5:30am-6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:45am VB Clinic 5:00pm-6:00pm	21 Functional Training 5:30am-6:15am Boot Camp 8:00am-8:45am Ladies Night 3:00pm-9pm	22 Functional Training 5:30am-6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:45am	23 DNA Fall League ??
24	25 Functional Training 5:30am-6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:45am	26 Functional Training 5:30am-6:15am Boot Camp 8:00am-8:45am DNA Fall League 4:30pm-8:45pm	27 Functional Training 5:30am-6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:45am	28 Functional Training 5:30am-6:15am Boot Camp 8:00am-8:45am DNA Fall League 4:30pm-8:45pm	29 Functional Training 5:30am-6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:45am	30 DNA Fall League ??

Hours

Monday-Friday
5:00am-9:00pm

Saturday
7:00am-7:00pm

Sunday
10:00am-4:00pm