



JANUARY

GYM 2

HAPPY NEW YEAR!

HOURS

Monday – Friday

5:00am – 9:00pm

Saturday

7:00am – 7:00pm

Sunday

10:00am – 4:00pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CLOSED FOR NEW YEARS	2 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am	3 Functional Training 5:30am – 6:15am	4 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am	5 Functional Training 5:30am – 6:15am	6
7	8 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Basketball Academy 5:30pm – 8:30pm	9 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Home School PE 1:30pm – 2:30pm	10 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Basketball Academy 5:30pm – 8:30pm	11 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Home School PE 1:30pm – 2:30pm	12 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am	13 Youth BB League 8:00am – 4:00pm
14	15 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Basketball Academy 5:30pm – 8:30pm	16 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Home School PE 1:30pm – 2:30pm	17 Functional Training 5:30am – 6:15am Over 60 9:00am – 9:45am Basketball Academy 5:30pm – 8:30pm	18 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Home School PE 1:30pm – 2:30pm	19 Functional Training 5:30am – 6:15am Over 60 9:00am – 9:45am	20 Youth BB League 8:00am – 4:00pm
21	22 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Over 60 9:00am – 9:45am Basketball Academy 5:30pm – 8:30pm	23 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Home School PE 1:30pm – 2:30pm	24 Functional Training 5:30am – 6:15am Over 60 9:00am – 9:45am Basketball Academy 5:30pm – 8:30pm	25 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Home School PE 1:30pm – 2:30pm	26 Functional Training 5:30am – 6:15am Over 60 9:00am – 9:45am	27 Youth BB League 8:00am – 4:00pm
28	29 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Over 60 9:00am – 9:45am Basketball Academy 5:30pm – 8:30pm	30 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Home School PE 1:30pm – 2:30pm	31 Functional Training 5:30am – 6:15am Over 60 9:00am – 9:45am Basketball Academy 5:30pm – 8:30pm			