



FEBRUARY

GYM 1



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 Functional Training 5:30am – 6:15am Williams AAU 4:30pm – 6:00pm	2 Functional Training 5:30am – 6:15am Adult VB 7:00pm – 9:15pm	3
4 Crush VB Tryouts 12:00pm – 4:00pm	5 Functional Training 5:30am – 6:15am Adult VB 6:00pm – 9:45pm	6 Functional Training 5:30am – 6:15am Williams AAU 4:30pm – 6:00pm	7 Functional Training 5:30am – 6:15am Tumbling 4:00pm – 6:30pm Adult VB 6:45pm – 9:45pm	8 Functional Training 5:30am – 6:15am Williams AAU 4:30pm – 6:00pm	9 Functional Training 5:30am – 6:15am Adult VB 7:00pm – 9:15pm	10 Youth BB League 10:00am – 2:30pm
11	12 Functional Training 5:30am – 6:15am Adult VB 6:00pm – 9:45pm	13 Functional Training 5:30am – 6:15am	14 Functional Training 5:30am – 6:15am Tumbling 4:00pm – 6:30pm Adult VB 6:45pm – 9:45pm	15 Functional Training 5:30am – 6:15am	16 Functional Training 5:30am – 6:15am Adult VB 7:00pm – 9:15pm	17 Youth BB League 10:00am – 2:30pm Gym Closed 4:00pm – 5:00pm
18	19 Functional Training 5:30am – 6:15am Adult VB 6:00pm – 9:45pm	20 Functional Training 5:30am – 6:15am	21 Functional Training 5:30am – 6:15am Tumbling 4:00pm – 6:30pm Adult VB 6:45pm – 9:45pm	22 Functional Training 5:30am – 6:15am	23 Functional Training 5:30am – 6:15am Adult VB 7:00pm – 9:15pm	24 Youth BB League 10:00am – 2:30pm
25	26 Functional Training 5:30am – 6:15am Adult VB 6:00pm – 9:45pm	27 Functional Training 5:30am – 6:15am	28 Functional Training 5:30am – 6:15am Tumbling 4:00pm – 6:30pm Adult VB 6:45pm – 9:45pm	29 Functional Training 5:30am – 6:15am		

