



JULY 2024

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	2 Functional Training 5:30am – 6:15am	3 Functional Training 5:30am – 6:15am Tumbling 4:00pm – 6:30pm	4 JRD CLOSED FOR INDEPENDENCE DAY	5 Functional Training 5:30am – 6:15am	6
7	8 Functional Training 5:30am – 6:15am	9 Functional Training 5:30am – 6:15am	10 Functional Training 5:30am – 6:15am Tumbling 4:00pm – 6:30pm	11 Functional Training 5:30am – 6:15am	12 Functional Training 5:30am – 6:15am	13
14	15 Functional Training 5:30am – 6:15am Kids Camp 8:30am – 2:00pm DNA Camp 2:00pm – 8:00pm	16 Functional Training 5:30am – 6:15am Kids Camp 8:30am – 2:00pm DNA Camp 2:00pm – 8:00pm	17 Functional Training 5:30am – 6:15am Kids Camp 8:30am – 2:00pm DNA Camp 2:00pm – 8:00pm	18 Functional Training 5:30am – 6:15am Kids Camp 8:30am – 2:00pm DNA Camp 2:00pm – 8:00pm	19 Functional Training 5:30am – 6:15am Kids Camp 8:30am – 2:00pm DNA Camp 2:00pm – 8:00pm	20
21	22 Functional Training 5:30am – 6:15am Kids Camp 8:30am – 2:00pm	23 Functional Training 5:30am – 6:15am Kids Camp 8:30am – 2:00pm	24 Functional Training 5:30am – 6:15am Kids Camp 8:30am – 2:00pm Tumbling 4:00pm – 6:30pm	25 Functional Training 5:30am – 6:15am Kids Camp 8:30am – 2:00pm	26 Functional Training 5:30am – 6:15am Kids Camp 8:30am – 2:00pm	27
28	29 Functional Training 5:30am – 6:15am Kids Camp 8:30am – 2:00pm	30 Functional Training 5:30am – 6:15am Kids Camp 8:30am – 2:00pm	31 Functional Training 5:30am – 6:15am Kids Camp 8:30am – 2:00pm Tumbling 4:00pm – 6:30pm			

