



JULY 2024

GYM 2



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 Boot Camp 8:00am – 8:45am DNA AAU 5:00pm – 9:00pm	2 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am DNA Tryouts 12:00pm – 2:00pm Basketball Academy 4:00pm – 9:00pm	3 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am DNA Tryouts 12:00pm – 2:00pm DNA Basketball 5:00pm – 9:00pm	4 JRD CLOSED FOR INDEPENDENCE DAY	5 Functional Training 5:30am – 6:15am	6
7	8 Functional Training 5:30am – 6:15am GYM CLOSED 7:30am – 7:30pm	9 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am DNA Tryouts 12:00pm – 2:00pm Basketball Academy 4:00pm – 9:00pm	10 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am DNA Basketball 5:00pm – 9:00pm	11 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Basketball Academy 4:00pm – 9:00pm	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 DNA Basketball 5:00pm – 9:00pm	23 Functional Training 5:30am – 6:15am Kids Camp 8:30am – 2:00pm Basketball Academy 4:00pm – 9:00pm	24 Functional Training 5:30am – 6:15am Kids Camp 8:30am – 2:00pm DNA Basketball 5:00pm – 9:00pm	25 Functional Training 5:30am – 6:15am Kids Camp 8:30am – 2:00pm Basketball Academy 4:00pm – 9:00pm	26 Functional Training 5:30am – 6:15am Kids Camp 8:30am – 2:00pm DNA Camp GYM CLOSED 7:00pm – 9:00pm	27
28	29 Functional Training 5:30am – 6:15am Kids Camp 8:30am – 2:00pm DNA Basketball 5:00pm – 9:00pm	30 Functional Training 5:30am – 6:15am Kids Camp 8:30am – 2:00pm Basketball Academy 4:00pm – 9:00pm	31 Functional Training 5:30am – 6:15am Kids Camp 8:30am – 2:00pm DNA Basketball 5:00pm – 9:00pm			

