



October 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 Tumbling 4:00pm – 6:30pm	3 Functional Training 5:30am – 6:15am	4 Functional Training 5:30am – 6:15am	5
6	7 Functional Training 5:30am – 6:15am	8 Functional Training 5:30am – 6:15am	9 Functional Training 5:30am – 6:15am Tumbling 4:00pm – 6:30pm	10 Functional Training 5:30am – 6:15am	11 Functional Training 5:30am – 6:15am	12
13	14 Functional Training 5:30am – 6:15am	15 Functional Training 5:30am – 6:15am	16 Functional Training 5:30am – 6:15am Tumbling 4:00pm – 6:30pm	17 Functional Training 5:30am – 6:15am Homeschool PE 1:30pm – 2:30pm	18 Functional Training 5:30am – 6:15am	19
20	21 Functional Training 5:30am – 6:15am	22 Functional Training 5:30am – 6:15am	23 Functional Training 5:30am – 6:15am Tumbling 4:00pm – 6:30pm	24 Functional Training 5:30am – 6:15am	25 Functional Training 5:30am – 6:15am	26
27	28 Functional Training 5:30am – 6:15am	29 Functional Training 5:30am – 6:15am	30 Functional Training 5:30am – 6:15am Tumbling 4:00pm – 6:30pm	31 Functional Training 5:30am – 6:15am 		

