



# September 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	2 Functional Training 5:30am – 6:15am	3 Functional Training 5:30am – 6:15am	4 Functional Training 5:30am – 6:15am Tumbling 4:00pm – 6:30pm	5 Functional Training 5:30am – 6:15am	6 Functional Training 5:30am – 6:15am	7
8	9 Functional Training 5:30am – 6:15am	10 Functional Training 5:30am – 6:15am	11 Functional Training 5:30am – 6:15am Tumbling 4:00pm – 6:30pm	12 Functional Training 5:30am – 6:15am	13 Functional Training 5:30am – 6:15am	14
15	16 Functional Training 5:30am – 6:15am	17 Functional Training 5:30am – 6:15am	18 Functional Training 5:30am – 6:15am Tumbling 4:00pm – 6:30pm	19 Functional Training 5:30am – 6:15am DNA Fall League 4:30pm – 9:00pm	20 Functional Training 5:30am – 6:15am	21
22	23 Functional Training 5:30am – 6:15am	24 Functional Training 5:30am – 6:15am	25 Functional Training 5:30am – 6:15am Tumbling 4:00pm – 6:30pm	26 Functional Training 5:30am – 6:15am	27 Functional Training 5:30am – 6:15am	28
29	30 Functional Training 5:30am – 6:15am					

