



September 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	2 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am	3 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am DNA Fall League 4:30pm – 9:00pm	4 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Over 60 Getting Fit 9:00am – 9:50am	5 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am DNA Fall League 4:30pm – 9:00pm	6 Functional Training 5:30am – 6:15am Over 60 Getting Fit 9:00am – 9:50am	7 DNA Fall League TBD
8	9 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Over 60 Getting Fit 9:00am – 9:50am	10 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am DNA Fall League 4:30pm – 9:00pm	11 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Over 60 Getting Fit 9:00am – 9:50am	12 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am DNA Fall League 4:30pm – 9:00pm	13 Functional Training 5:30am – 6:15am Over 60 Getting Fit 9:00am – 9:50am	14 DNA Fall League TBD
15	16 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Over 60 Getting Fit 9:00am – 9:50am	17 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am DNA Fall League 4:30pm – 9:00pm	18 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Over 60 Getting Fit 9:00am – 9:50am	19 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Ladies Night Out 3:00pm – 9:00pm	20 Functional Training 5:30am – 6:15am Over 60 Getting Fit 9:00am – 9:50am	21 DNA Fall League TBD
22	23 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Over 60 Getting Fit 9:00am – 9:50am	24 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am DNA Fall League 4:30pm – 9:00pm	25 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Over 60 Getting Fit 9:00am – 9:50am	26 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am DNA Fall League 4:30pm – 9:00pm	27 Functional Training 5:30am – 6:15am Over 60 Getting Fit 9:00am – 9:50am	28 DNA Fall League TBD
29	30 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Over 60 Getting Fit 9:00am – 9:50am					

