



November 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
3	4 Functional Training 5:30am – 6:15am Adult Volleyball 6:00pm – 9:00pm	5 Functional Training 5:30am – 6:15am Voting 7:00am – 9:00pm	6 Functional Training 5:30am – 6:15am Adult Volleyball 6:00pm – 9:00pm	7 Functional Training 5:30am – 6:15am Heritage Academy 2:00pm – 2:30pm Tumbling 4:00pm – 6:30pm	8 Functional Training 5:30am – 6:15am Adult Volleyball 6:00pm – 9:00pm	9
10	11 Functional Training 5:30am – 6:15am Adult Volleyball 6:00pm – 9:00pm	12 Functional Training 5:30am – 6:15am Family Health Services 11:00am – 6:30pm	13 Functional Training 5:30am – 6:15am Adult Volleyball 6:00pm – 9:00pm	14 Functional Training 5:30am – 6:15am Heritage Academy 2:00pm – 2:30pm Tumbling 4:00pm – 6:30pm	15 Functional Training 5:30am – 6:15am Adult Volleyball 6:00pm – 9:00pm	16
17	18 Functional Training 5:30am – 6:15am Adult Volleyball 6:00pm – 9:00pm	19 Functional Training 5:30am – 6:15am Heritage Academy 2:00pm – 2:30pm	20 Functional Training 5:30am – 6:15am Adult Volleyball 6:00pm – 9:00pm	21 Functional Training 5:30am – 6:15am Heritage Academy 2:00pm – 2:30pm Tumbling 4:00pm – 6:30pm	22 Functional Training 5:30am – 6:15am Adult Volleyball 6:00pm – 9:00pm	23
24	25 Functional Training 5:30am – 6:15am	26 Functional Training 5:30am – 6:15am	27 Functional Training 5:30am – 6:15am	28 Turkey Trot 6:00am – 10:00am JRD CLOSED 10:00am	29 Functional Training 5:30am – 6:15am	30

