



November 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 Over 60 9:00am-9:50am	2
3	4 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:50am Heritage Academy 2:30pm – 3:15pm	5 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Homeschool PE 1:30pm – 2:30pm Heritage Academy 2:30pm – 3:15pm BB Academy 5:00pm-8:00pm	6 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:50am Heritage Academy 2:30pm – 3:15pm	7 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Homeschool PE 1:30pm – 2:30pm Heritage Academy 2:30pm – 3:15pm BB Academy 5:00pm-8:00pm	8 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50am	9
10	11 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:50am Heritage Academy 2:30pm – 3:15pm	12 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Homeschool PE 1:30pm – 2:30pm Heritage Academy 2:30pm – 3:15pm BB Academy 5:00pm-8:00pm	13 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:50am Heritage Academy 2:30pm – 3:15pm	14 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Homeschool PE 1:30pm – 2:30pm Heritage Academy 2:30pm – 3:15pm BB Academy 5:00pm-8:00pm	15 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50am	16
17	18 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:50am Heritage Academy 2:30pm – 3:15pm	19 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Homeschool PE 1:30pm – 2:30pm Heritage Academy 2:30pm – 3:15pm BB Academy 5:00pm-8:00pm	20 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:50am Heritage Academy 2:30pm – 3:15pm	21 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Homeschool PE 1:30pm – 2:30pm Heritage Academy 2:30pm – 3:15pm BB Academy 5:00pm-8:00pm	22 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50am	23
24	25 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:50am Heritage Academy 2:30pm – 3:15pm	26 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am BB Academy 5:00pm-8:00pm	27 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:50am Heritage Academy 2:30pm – 3:15pm	28 Turkey Trot 6:00am – 10:00am JRD CLOSED 10:00am	29 Functional Training 5:30am – 6:15am	30

