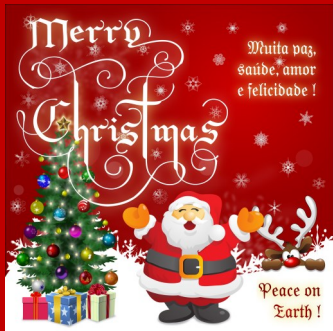




December 2024

Gym 1



Hours

Monday-Friday
5am-9pm
Saturday
7am-7pm
Sunday
10am-4pm

	MON	TUE	WED	THU	FRI	SAT
1	2 Functional Training 5:30-6:15 a.m. -VB 6:00pm9:00pm	3 Functional Training 5:30-6:15 a.m.	4 Functional Training 5:30-6:15 a.m. VB 6:00pm9:00pm	5 Functional Training 5:30-6:15 a.m.	6 Functional Training 5:30-6:15 a.m. VB 6:00pm9:00pm	7
8	9 Functional Training 5:30-6:15 a.m. VB 6:00pm9:00pm	10 Functional Training 5:30 a.m.-6:15 a.m.	11 Functional Training 5:30 a.m.-6:15 a.m. VB 6:00pm9:00pm	12 Functional Training 5:30 a.m.-6:15 a.m.	13 Functional Training 5:30 a.m.-6:15 a.m.	14
15	16 Functional Training 5:30 a.m.-6:15 a.m. VB 6:00pm9:00pm	17 Functional Training 5:30 a.m.-6:15 a.m.	18 Functional Training 5:30 a.m.-6:15 a.m. VB 6:00pm9:00pm	19 Functional Training 5:30 a.m.-6:15 a.m.	20 Functional Training 5:30 a.m.-6:15 a.m. VB 6:00pm9:00pm	21 .Christmas Party 10:00am-1:00pm Birthday Party 1:00pm-2:30pm
22	23 .Functional Training 5:30-6:15 a.m.	24 Functional Training 5:30-6:15 a.m.	25 CLOSED	26 Functional Training 5:30 a.m.-6:15 a.m.	27 Functional Training 5:30 a.m.-6:15 a.m.	28
29	30 Functional Training 5:30-6:15 a.m.	31 Functional Training 5:30-6:15 a.m.				