



March 2025

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	3 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:50am Heritage Academy 2:00pm – 3:30pm DNA AAU 4:00pm - 8:45pm	4 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Home School PE 1:30pm-2:30pm Heritage Academy 2:30pm – 3:30pm DNA Basketball 4:00pm – 5:30pm SIVA 6:00pm – 9:00pm	5 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50am Heritage Academy 2:30pm – 3:30pm DNA AAU 4:00pm - 8:45pm	6 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Home School PE 1:30pm-2:30pm Heritage Academy 2:30pm – 3:30pm DNA AAU 4:00pm - 8:45pm	7 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50am	8
9	10 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:50am Heritage Academy 2:00pm – 3:30pm DNA AAU 4:00pm - 8:45pm	11 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Home School PE 1:30pm-2:30pm Heritage Academy 2:30pm – 3:30pm DNA Basketball 4:00pm – 5:30pm SIVA 6:00pm – 9:00pm	12 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50am Heritage Academy 2:30pm – 3:30pm DNA AAU 4:00pm - 8:45pm	13 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Home School PE 1:30pm-2:30pm Heritage Academy 2:30pm – 3:30pm Pino Cup 5:00pm-9:00pm	14 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50am Pino Cup 5:00pm-9:00pm	15 Pino Cup 7:00am – 7:00pm
16 Pino Cup 10:00am – 4:00pm	17 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Over 60 9:00am-9:50am Heritage Academy 2:00pm – 3:30pm DNA AAU 4:00pm - 8:45pm	18 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Home School PE 1:30pm-2:30pm Heritage Academy 2:30pm – 3:30pm SIVA 6:00pm – 9:00pm	19 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50am Heritage Academy 2:00pm – 3:30pm	20 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Heritage Academy 2:30pm – 3:30pm	21 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50am DNA AAU 5:00pm – 7:00pm	22 DNA AAU 9:00am – 12:00pm
23	24 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50am DNA AAU 12:00pm – 2:00pm	25 Functional Training 5:30am – 6:15am DNA AAU 12:00pm – 2:00pm SIVA 6:00pm – 9:00pm	26 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50am DNA AAU 12:00pm – 2:00pm	27 Functional Training 5:30am – 6:15am DNA AAU 12:00pm – 2:00pm	28 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50am MV Madness Tourney 12:00pm-10:00pm	29 MV Madness Tourney 8:00am-5:00pm
30	31 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50am Heritage Academy 2:00pm – 3:30pm					

