

# APRIL

## 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 DNA AAU 4:00pm-5:30pm SIVA 6:00pm-9:00pm	2 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50pm DNA AAU 4:00pm-8:45pm	3 Functional Training 5:30am – 6:15am DNA AAU 4:00pm-8:45pm	4 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50pm	5 DNA Tournament 9:00am-12:00pm
6	7 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50pm DNA AAU 4:00pm-8:45pm	8 Functional Training 5:30am – 6:15am DNA AAU 4:00pm-5:30pm SIVA 6:00pm-9:00pm	9 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50pm DNA AAU 4:00pm-8:45pm	10 Functional Training 5:30am – 6:15am DNA AAU 4:00pm-8:45pm	11 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50pm	12
13	14 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50pm DNA AAU 4:00pm-8:45pm	15 Functional Training 5:30am – 6:15am DNA AAU 4:00pm-5:30pm SIVA 6:00pm-9:00pm	16 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50pm DNA AAU 4:00pm-8:45pm	17 Functional Training 5:30am – 6:15am DNA AAU 4:00pm-8:45pm	18 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50pm	19
20	21 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50pm DNA AAU 4:00pm-8:45pm	22 Functional Training 5:30am – 6:15am DNA AAU 4:00pm-5:30pm SIVA 6:00pm-9:00pm	23 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50pm DNA AAU 4:00pm-8:45pm	24 Functional Training 5:30am – 6:15am DNA AAU 4:00pm-8:45pm	25 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50pm	26 DNA Tournament 9:00am-12:00pm
27	28 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50pm DNA AAU 4:00pm-8:45pm	29 Functional Training 5:30am – 6:15am DNA AAU 4:00pm-5:30pm SIVA 6:00pm-9:00pm	30 Functional Training 5:30am – 6:15am Over 60 9:00am-9:50pm DNA AAU 4:00pm-8:45pm			

