



# December 2025

**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 Boot Camp 8:00am – 8:45am VB D League 6:00pm-9:45pm	2 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am JRD 5:00pm-6:00pm	3 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am VB C League 6:00pm-9:00pm	4 Functional Training 5:30am – 6:15am Heritage Academy 2:30pm-3:00pm <b>PHOTOS</b> <b>3:00pm-8:00pm</b>	5 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Homeschool Play Date 10:30am-1:00pm VB Women's 6:30pm-9:30pm	6
7	8 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am VB D League 6:00pm-9:45pm	9 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am JRD 5:00pm-6:00pm	10 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am VB C League 6:00pm-9:00pm	11 Functional Training 5:30am – 6:15am Heritage Academy 2:30pm-3:00pm JRD 5:00pm-6:00pm	12 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Homeschool Play Date 10:30am-1:00pm VB Women's 6:30pm-9:30pm	13
14	15 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am VB D League 6:00pm-9:45pm	16 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am JRD 5:00pm-6:00pm	17 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am VB C League 6:00pm-9:00pm	18 Functional Training 5:30am – 6:15am Heritage Academy 2:30pm-3:00pm JRD 5:00pm-6:00pm	19 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Homeschool Play Date 10:30am-1:00pm VB Women's 6:30pm-9:30pm	20 <b>Christmas Party</b> <b>9:30am-1:00pm</b>
21	22 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am	23 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am JRD 5:00pm-6:00pm	24 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am <b>JRD Closes</b> <b>3:00pm</b>	25 <b>JRD Closed</b> 	26 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am Homeschool Play Date 10:30am-1:00pm	27
28	29 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am	30 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am JRD 5:00pm-6:00pm	31 Functional Training 5:30am – 6:15am Boot Camp 8:00am – 8:45am <b>JRD Closes</b> <b>5:00pm</b>			

