



APRIL

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 | 2 Functional Training 5:30am – 6:15am Heritage Academy 2:30pm-3:30pm Spinning 5:15pm-6:30pm | 3 Functional Training 5:30am – 6:15am Boot camp 8:00am-8:45am HS Play Date 10:30am-1:00pm Tumbling 3:00pm-5:15pm | 4 |
| 5 | 6 Functional Training 5:30am – 6:15am Boot camp 8:00am-8:45am Heritage Academy 2:30pm-3:30pm | 7 Functional Training 5:30am – 6:15am | 8 Functional Training 5:30am – 6:15am Boot camp 8:00am-8:45am | 9 Functional Training 5:30am – 6:15am Frontier Elementary 9:00am-1:00pm Heritage Academy 2:30pm-3:30pm Spinning 5:15pm-6:30pm | 10 Functional Training 5:30am – 6:15am Boot camp 8:00am-8:45am HS Play Date 10:30am-1:00pm Tumbling 3:00pm-5:15pm | 11 |
| 12 | 13 Functional Training 5:30am – 6:15am Boot camp 8:00am-8:45am Heritage Academy 2:30pm-3:30pm | 14 Functional Training 5:30am – 6:15am | 15 Functional Training 5:30am – 6:15am Boot camp 8:00am-8:45am | 16 Functional Training 5:30am – 6:15am Heritage Academy 2:30pm-3:30pm Spinning 5:15pm-6:30pm | 17 Functional Training 5:30am – 6:15am Boot camp 8:00am-8:45am HS Play Date 10:30am-1:00pm Tumbling 3:00pm-5:15pm | 18 |
| 19 | 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 | 22 Functional Training 5:30am – 6:15am Boot camp 8:00am-8:45am | 23 Functional Training 5:30am – 6:15am Heritage Academy 2:30pm-3:30pm Spinning 5:15pm-6:30pm | 24 Functional Training 5:30am – 6:15am Boot camp 8:00am-8:45am HS Play Date 10:30am-1:00pm Tumbling 3:00pm-5:15pm | 25 Yard Sale (If bad weather) 7:00am-1:00pm |

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| | 26 | 27 Functional Training 5:30am – 6:15am Boot camp 8:00am-8:45am Heritage Academy 2:30pm-3:30pm | 28 Functional Training 5:30am – 6:15am | 29 Functional Training 5:30am – 6:15am Boot camp 8:00am-8:45am | 30 Functional Training 5:30am – 6:15am Heritage Academy 2:30pm-3:30pm Spinning 5:15pm-6:30pm | | |
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