



AUGUST 2026

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
2	3 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am	4 Functional Training 5:30am – 6:15am	5 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am	6 Functional Training 5:30am – 6:15am	7 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am	8
9	10 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am	11 Functional Training 5:30am – 6:15am	12 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am	13 Functional Training 5:30am – 6:15am	14 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am Family Health Services 11:00am-6:00pm	15
16	17 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am	18 Functional Training 5:30am – 6:15am	19 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am	20 Functional Training 5:30am – 6:15am	21 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am	22
23	24 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am	25 Functional Training 5:30am – 6:15am	26 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am	27 Functional Training 5:30am – 6:15am	28 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am	29
30	31 Functional Training 5:30am – 6:15am Boot Camp 8:00am-8:45am					

