

# JUL 2020

SUN

MON

TUE

WED

THU

FRI

SAT

PLEASE SIGN UP FOR OPEN GYMS ON GOOGLE DOC. EACH MONDAY, THERE WILL BE 2 SESSIONS (10-11 & 11-12). THIS IS TO ENSURE WE MEET SOCIAL DISTANCING GUIDELINES. **IF YOU ARE NOT SIGNED UP YOU CANNOT ATTEND!!** PLEASE EMAIL OR MESSAGE ON REMIND101 IF YOU HAVE ANY QUESTIONS.

01

Weights/Circuit  
Training 8am-9:45am

02

NO WEIGHTS!  
ENJOY YOUR  
HOLIDAY WEEKEND

03

04

05

Weights/Circuit  
Training 8am-9:45am

Open Gym 10am-12pm

06

Weights/Circuit  
Training  
8am-9:45am

07

08

Weights/Circuit  
Training  
8am-9:45am

09

Weights/Circuit  
Training  
8am-9:45am

10

11

12

Weights/Circuit  
Training 8am-9:45am

Open Gym 10am-12pm

13

Weights/Circuit  
Training  
8am-9:45am

14

15

Weights/Circuit  
Training  
8am-9:45am

16

Weights/Circuit  
Training  
8am-9:45am

17

18

19

Weights/Circuit  
Training 8am-9:45am

Open Gym 10am-12pm

20

Weights/Circuit  
Training  
8am-9:45am

21

22

Weights/Circuit  
Training  
8am-9:45am

23

Weights/Circuit  
Training  
8am-9:45am

24

25

26

Weights/Circuit  
Training 8am-9:45am

Open Gym 10am-12pm

27

Weights/Circuit  
Training  
8am-9:45am

28

29

Weights/Circuit  
Training  
8am-9:45am

30

Weights/Circuit  
Training  
8am-9:45am

31