

WORLD GYM ATHLETICS Gorilla Bootcamp



January 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 6:30 PM Gorilla Bootcamp	3 12:00 PM Senior Fit 6:00 PM Ab Attack/ Stretch Flex	4 6:30 PM WGA	5 6:30 PM WGA	6 12:00 PM Senior Fit	7 10:00 AM Total Body
8	9 6:30 PM Gorilla Bootcamp	10 12:00 PM Senior Fit 6:00 PM Ab Attack/ Stretch Flex	11 6:30 PM WGA	12 6:30 PM WGA	13 12:00 PM Senior Fit	14 10:00 AM Total Body
15	16 6:30 PM Gorilla Bootcamp	17 12:00 PM Senior Fit 6:00 PM Ab Attack/ Stretch Flex	18 6:30 PM WGA	19 6:30 PM WGA	20 12:00 PM Senior Fit	21 10:00 AM Total Body
22	23 6:30 PM Gorilla Bootcamp	24 12:00 PM Senior Fit 6:00 PM Ab Attack/ Stretch Flex	25 6:30 PM WGA	26 6:30 PM WGA	27 12:00 PM Senior Fit	28 10:00 AM Total Body
29	30 6:30 PM Gorilla Bootcamp	31 12:00 PM Senior Fit 6:00 PM Ab Attack/ Stretch Flex				Staffed Hours Monday – Thursday 9AM-8PM Friday- 9AM-3PM Saturday 8AM-2PM