

October Open Gym 2025

			1 9am-12pm 1pm-5pm Strength & Stretch 2:30pm	2 9am-12pm 1pm-5pm Strength & Stretch 9:30am	3 9am-4pm	4
5	6 9am-12pm 1pm-5pm Strength & Stretch 9:30am & 2:30pm	7 9am-12pm 1pm-5pm Strength & Stretch 9:30am	8 9am-12pm 1pm-5pm Strength & Stretch 2:30pm	9 9am-12pm 1pm-5pm Strength & Stretch 9:30am	10 9am-4pm	11
12	13 9am-12pm 1pm-5pm Strength & Stretch 9:30am & 2:30pm	14 9am-12pm 1pm-5pm Strength & Stretch 9:30am	15 9am-12pm 1pm-5pm Strength & Stretch 2:30pm	16 9am-12pm 1pm-5pm Strength & Stretch 9:30am	17 9am-4pm	18
19	20 9am-12pm 1pm-5pm Strength & Stretch 9:30am & 2:30pm	21 9am-12pm 1pm-5pm Strength & Stretch 9:30am	22 9am-12pm 1pm-5pm Strength & Stretch 2:30pm	23 9am-12pm 1pm-5pm Strength & Stretch 9:30am	24 9am-4pm	25
26	27 9am-12pm 1pm-5pm Strength & Stretch 9:30am & 2:30pm	28 9am-12pm 1pm-5pm Strength & Stretch 9:30am	29 9am-12pm 1pm-5pm Strength & Stretch 2:30pm	30 9am-12pm 1pm-5pm Strength & Stretch 9:30am	31 9am-4pm	