

January Open Gym 2023

1	CLOSED	9am-12pm 1pm-4pm	9am-12pm 1pm-4pm 2pm Low Impact Strength	9am-12pm 1pm-4pm	9am-11am	
8	9am-12pm 1pm-4pm	9am-12pm 1pm-4pm	9am-12pm 1pm-4pm 2pm Low Impact Strength	9am-12pm 1pm-4pm	9am-11am	
15	9am-12pm 1pm-4pm	9am-12pm 1pm-4pm	9am-12pm 1pm-4pm 2pm Low Impact Strength	9am-12pm 1pm-4pm	9am-11am	
22	9am-12pm 1pm-4pm	9am-12pm 1pm-4pm	9am-12pm 1pm-4pm 2pm Low Impact Strength	9am-12pm 1pm-4pm	9am-11am	
29	9am-12pm 1pm-4pm	9am-12pm 1pm-4pm				31