

## August Open Gym 2025

|    |                                                                                             |                                                                                |                                                                                |                                                                                |                               |    |
|----|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-------------------------------|----|
|    | July 28<br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am &amp;<br/>2:30pm</b> | July 29<br><br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am</b> | July 30<br><br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 2:30pm</b> | July 31<br><br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am</b> | 1<br><br><br>9am-4pm          | 2  |
| 3  | 4<br><br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am &amp;<br/>2:30pm</b>   | 5<br><br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am</b>       | 6<br><br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 2:30pm</b>       | 7<br><br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am</b>       | 8<br><br><br>9am-4pm          | 9  |
| 10 | 11<br><br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am &amp;<br/>2:30pm</b>  | 12<br><br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am</b>      | 13<br><br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 2:30pm</b>      | 14<br><br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am</b>      | 15<br><br><br>9am-4pm         | 16 |
| 17 | 18<br><br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am &amp;<br/>2:30pm</b>  | 19<br><br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am</b>      | 20<br><br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 2:30pm</b>      | 21<br><br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am</b>      | 22<br><br><br>9am-4pm         | 23 |
| 24 | 25<br><br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am &amp;<br/>2:30pm</b>  | 26<br><br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am</b>      | 27<br><br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 2:30pm</b>      | 28<br><br>9am-12pm<br>1pm-5pm<br><b>Strength &amp;<br/>Stretch 9:30am</b>      | 29<br><br><b>**9am-12pm**</b> |    |