## **VS&F Basketball Court**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am			-	-	-		
6am							
7	Open Gym		Open				
7am	Gym ⊣		- Gym	-			
8am			-				
9am	Boot Camp Setup		Boot Camp Setup				-
10am	Boot Camp		Boot Camp				·
11am							
12pm	-		-   -			Onen	Onen
		Open		Open	Open	Open -	Open Gym
1pm	-	Gym		Open Gym	Open Gym	Gym	gym
2pm	Open Gym	C y	-			-	
	Gym 📙						_
3pm	-		-				
4pm			Open Gym	1 [			
5pm	-		_  Gym  -	-			
Spin	Total Strongth			1 E			
6pm	Total Strength		-l F		4 - F		
7pm	Open H						
8pm	Open Gym		1				
9pm							