

VS&F Basketball Court

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | |
|------|-----------------|----------|----------------|----------|----------|-----------------|--------|----------|----------|
| 5am | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | | | | |
| 6am | | | | | | | | | |
| 7am | | | | | | | | | |
| 8am | | | | | | | | | |
| 9am | Boot Camp Setup | | | | | Boot Camp Setup | | | |
| 10am | Boot Camp | | | | | Boot Camp | | | |
| 11am | Open Gym | | | | | Open Gym | | Open Gym | Open Gym |
| 12pm | | | | | | | | | |
| 1pm | | | | | | | | | |
| 2pm | | | | | | | | | |
| 3pm | | | | | | | | | |
| 4pm | | | | | | | | | |
| 5pm | | | | | | | | | |
| 6pm | | | Total Strength | | | | | | |
| 7pm | Open Gym | | | | | | | | |
| 8pm | | | | | | | | | |
| 9pm | | | | | | | | | |