






GYM CLOSED
December 23-26, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
DECEMBER	28 JR SAQ - 6:00PM H.S. Elite Speed - 7:00PM	29	30 JR SAQ - 6:00PM H.S. Elite Speed - 7:00PM	1 Y. Wrestling - 6:30PM H.S. Wrestling - 7:30PM	2 ADULT 5:30 AM	3	
	4 No Elite Class	5 ADULT 5:30AM JR SAQ - 6:00PM H.S. Elite Speed - 7:00PM	6 Y. Wrestling - 6:30PM H.S. Wrestling - 7:30PM	7 ADULT 5:30 AM JR SAQ - 6:00PM H.S. Elite Speed - 7:00PM	8 Y. Wrestling - 6:30PM H.S. Wrestling - 7:30PM	9 ADULT 5:30 AM	10
	11 No Elite Class	12 ADULT 5:30AM JR SAQ - 6:00PM H.S. Elite Speed - 7:00PM	13 Y. Wrestling - 6:30PM H.S. Wrestling - 7:30PM	14 ADULT 5:30AM JR SAQ - 6:00PM H.S. Elite Speed - 7:00PM	15 Y. Wrestling - 6:30PM H.S. Wrestling - 7:30PM	16 ADULT 5:30 AM	17
	18 No Elite Class	19 ADULT 5:30 AM JR SAQ - 6:00PM H.S. Elite Speed - 7:00PM	20 Y. Wrestling - 6:30PM H.S. Wrestling - 7:30PM	21 ADULT 5:30 AM JR SAQ - 6:00PM H.S. Elite Speed - 7:00PM	22 Y. Wrestling - 6:30PM H.S. Wrestling - 7:30PM	23 CLOSED 	23 CLOSED 
	25 CLOSED 	26 JR SAQ - 6:00PM H.S. Elite Speed - 7:00PM	27 Y. Wrestling - 6:30PM H.S. Wrestling - 7:30PM	28 ADULT 5:30 / 6:00AM JR SAQ - 6:00PM H.S. Elite Speed - 7:00PM	29 Y. Wrestling - 6:30PM H.S. Wrestling - 7:30PM	30 ADULT 5:30 AM	31

JR SAQ Mon/Wed 6:00pm	HS Elite Mon/Wed 7:00pm	Youth Wrestling Tues 6:30-8:00pm Thurs 6:30-8:00pm	HS Wrestling Tues 7:30pm Thurs 7:30pm	ADULT Fitness Mon /Wed/ Fri 5:30am
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