



## Training Center Hours of Operation-DAVIE FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	Open	Open	Open	Open	Open		
6:00 AM	Open	Open	Open	Open	Open		
7:00 AM	Open	Open	Open	Open	Open		
8:00 AM	Open	Open	Open	Open	Open		
9:00 AM	Open	Boot Camp	Open	Boot Camp	Open	Open	
10:00 AM	Personal Training	Personal Training	Personal Training	Personal Training	Homeschool PE	Open	
11:00 AM	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	Open	
12:00 PM	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	Open	
1:00 PM	Open	Open	Open	Open	Open	Open	Open
2:00 PM	Open	Open	Open	Open	Open	Open	Open
3:00 PM	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	Open	Open
4:00 PM	Open	Open	Boot Camp	Open	Open	Open	Open
5:00 PM	Boot Camp	Open	Boot Camp	Open	Open	Lights Out 5PM	Lights Out 5 PM
6:00 PM	Boot Camp	Open	Boot Camp	Karate	Open		
7:00 PM	Boot Camp	Open	Boot Camp	Karate	Open		
8:00 PM	Open	Open	Open	Karate	Lights Out 8 PM		
9:00 PM	Lights Out 9 PM	Lights Out 9 PM	Lights Out 9 PM	Lights Out 9 PM			

**ROOM CLOSED DURING STAFF RUN PAID BOOT CAMPS, TRAININGS AND YOUTH & TEEN PROGRAMS**

Strictly no training by members or potential members at any time. No leading workouts, calling counts or demonstrating exercises.