

# Winter Program Schedule





### **MONDAY**

# **TUESDAY**

## **WEDNESDAY**

### **FRIDAY THURSDAY**



MORNING

**GYM** 



OR

**MEAL PREP MONDAY** 

**FISHING** 

OR

**ZUMBA** 





OR



**GATEWAY'S** 

**GREEN THUMB** 

OR

**CROSSFIT** 









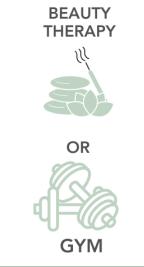


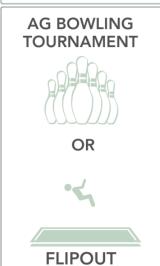


**GYM** 

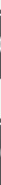


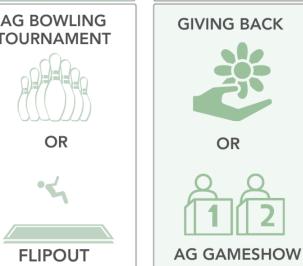












# **AFTERNOON**