

# FRC GYM ACCESS (Weekday)

05:30 AM - 07:00 AM FRC Workout A (0/10)	06:00 AM - 07:30 AM FRC Workout B (2/10)
07:00 AM - 08:30 AM FRC Workout A (1/10)	07:30 AM - 09:00 AM FRC Workout B (1/10)
08:30 AM - 10:00 AM FRC Workout A (2/10)	09:00 AM - 10:30 AM FRC Workout B (0/10)
10:00 AM - 11:30 AM FRC Workout A (0/10)	10:30 AM - 12:00 PM FRC Workout B (2/10)
11:30 AM - 01:00 PM FRC Workout A (0/10)	12:00 PM - 01:30 PM FRC Workout B (5/10)
01:00 PM - 02:30 PM FRC Workout A (0/10)	01:30 PM - 03:00 PM FRC Workout B (5/10)
02:30 PM - 04:00 PM FRC Workout A (1/10)	03:00 PM - 04:30 PM FRC Workout B (1/10)
04:00 PM - 05:30 PM FRC Workout A (2/10)	04:30 PM - 06:00 PM FRC Workout B (1/10)
05:30 PM - 07:00 PM FRC Workout A (1/10)	06:00 PM - 07:30 PM FRC Workout B (2/10)
07:00 PM - 08:30 PM FRC Workout A (1/10)	

# FRC GYM ACCESS (Weekend)

08:00 AM - 09:30 AM  
FRC Workout A

09:30 AM - 11:00 AM  
FRC Workout A

11:00 AM - 12:30 PM  
FRC Workout A

12:30 PM - 02:00 PM  
FRC Workout A

02:00 PM - 03:30 PM  
FRC Workout A

08:30 AM - 10:00 AM  
FRC Workout B

10:00 AM - 11:30 AM  
FRC Workout B

11:30 AM - 01:00 PM  
FRC Workout B

01:00 PM - 02:30 PM  
FRC Workout B