

GYM HOURS

Monday: 05:00 am - 11:00 pm
Tuesday: 05:00 am - 11:00 pm
Wednesday: 05:00 am - 11:00 pm
Thursday: 05:00 am - 11:00 pm
Friday: 05:00 am - 10:00 pm
Saturday: 07:00 am - 09:00 pm
Sunday: 07:00 am - 07:00 pm



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 am				9:00 am - 9:50 am Mat Pilates Teresa		9:00 am - 9:50 am Hatha Yoga Karen	9:00 am - 9:50 am Abs and Assets Nick
10:00 am				10:00 am - 10:50 am Vinyasa Yoga Teresa			
11:00 am		11:00 am - 11:50 pm Hatha Yoga Karen					
12:00 pm							
01:00 pm							
02:00 pm							
03:00 pm							
04:00 pm							
05:00 pm							
06:00 pm	6:00 pm - 6:50 pm Mat Pilates Teresa	6:00 pm - 6:45 pm Total Body and Conditioning Danny			6:00 pm - 6:45 pm Total Body and Conditioning Danny		
07:00 pm		7:00 pm - 7:45 pm Spin Class King		7:00 pm - 7:45 pm Spin Class King			
08:00 pm			7:30 pm - 8:20 pm Abs and Assets Nick				
09:00 pm							