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

LIFE HEALTH FITNESS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 am				9:00 am - 9:45 am Mat Pilates **Teresa**		9:00 am - 9:45 am Hatha Yoga **Karen**	9:00 am - 9:45 am Abs and Assets **Nick**
10:00 am				10:00 am - 10:45 am Vinyasa Yoga **Teresa**		10:00 am - 10:45 am Spin Class **King**	
11:00 am		11:00 am - 11:45 am Hatha Yoga **Karen**					
12:00 pm							
01:00 pm							
02:00 pm							
03:00 pm							
04:00 pm							
05:00 pm		6:00 pm - 6:45 pm Total Body and Conditioning **Anthony**	Zumba with **Giovanna** 7:30 pm to 8:15 pm		6:00 pm - 6:45 pm Total Body and Conditioning **Anthony**		
06:00 pm	6:00 pm - 6:45 pm Mat Pilates **Teresa**						
07:00 pm		7:00 pm - 7:45 pm Spin Class **King**	7:30 pm - 8:15 pm Abs and Assets **Nick**	7:00 pm - 7:45 pm Spin Class **King**			
08:00 pm							
09:00 pm							

As of October 20th, 2026