

Open Gym Hours

Monday: 5:00am-7:30pm

Tuesday: 5:00am-7:00pm

Wednesday: 5:00am-7:30pm

Thursday: 5:00am-7:00pm

Friday: 5:00am-1:00pm, 3:00pm – 5:00pm

Saturday: 7:00am-10:00am

Sunday: Rest Day