

GYM HOURS

Training Sessions:

MON-THURS	6:00pm session	7:30pm session
FRIDAY	CLOSED	
SATURDAY	9:00am session	10:30am session
SUNDAY	9:00am session	

Weight Room Hours:

Mon-Thurs:	6:00pm-9:00pm
Friday:	CLOSED
Sat:	9:00am-12:00pm
Sun:	9:00am-11:00am

*Gym/Workout times subject to change. 24 hour notice will be given to those clients with SCHEDULED SESSIONS.