



OPEN GYM HOURS

Monday 08:00 - 09:15 13:30 - 17:30 20:15 - 22:00	Tuesday 07:30 - 0915 12:15 -17:00 21:00 -22:00
Wednesday 07:30 - 09:15 13:30 - 16:30 20:15 - 22:00	Thursday 07:30 - 09:15 10:45 - 11:45 13:30 - 16:45 21:00 - 22:00
Friday 07:30 - 09:15 13:30 - 17:45	Saturday 11:30 -18:00
Sunday 07:30 -09:00 12:00 -18:00	

**PLEASE DO NOT ENTER THE STUDIO MORE THAN 10 MINS BEFORE
YOUR CLASS STARTS**

Thank you for your cooperation 😊