



OPEN GYM HOURS

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

Open Gym sessions are available to all members during the times above. Please note: if you are attending a class in Studio 3, do not enter the studio while an Open Gym session is still in progress — please wait outside until the session ends and the class is ready to start.