

Fitness Centre Operating Hours

Summer 2021



Effective July 19, 2021 - subject to change at any time

Time	Monday 6 a.m. to 8:45 p.m.	Tuesday 6 a.m. to 8:45 p.m.	Wednesday 6 a.m. to 8:45 p.m.	Thursday 6 a.m. to 8:45 p.m.	Friday 6 a.m. to 8:45 p.m.	Saturday 7:30 a.m. to 4:15 p.m.	Sunday 7:30 a.m. to 4:15 p.m.
6 to 7:15 a.m.			Workout Session #1				
7:15 to 7:30 a.m.			Cleaning				
7:30 to 8:45 a.m.			Workout Session #2			Workout Session #1	
8:45 to 9 a.m.			Cleaning			Cleaning	
9 to 10:15 a.m.			Workout Session #3			Workout Session #2	
10:15 to 10:30 a.m.			Cleaning			Cleaning	
10:30 to 11:45 a.m.			Workout Session #4			Workout Session #3	
11:45 to 12 p.m.			Cleaning			Cleaning	
12 to 1:15 p.m.			Workout Session #5			Workout Session #4	
1:15 to 1:30 p.m.			Cleaning			Cleaning	
1:30 to 2:45 p.m.			Workout Session #6			Workout Session #5	
2:45 to 3 p.m.			Cleaning			Cleaning	
3 to 4:15 p.m.			Workout Session #7			Workout Session #6	
4:15 to 4:30 p.m.			Cleaning			Cleaning	
4:30 to 5:45 p.m.			Workout Session #8				
5:45 to 6 p.m.			Cleaning				
6 to 7:15 p.m.			Workout Session #9				
7:15 to 7:30 p.m.			Cleaning				
7:30 to 8:45 p.m.			Workout Session #10				
8:45 to 9:15 p.m.			Cleaning				