



OPEN GYM TIMES

TIMES ARE SUBJECT TO CHANGE. FIRST-COME, FIRST-SERVE BASIS. DOES NOT INCLUDE ANY RESERVATIONS FOR BIRTHDAY PARTIES, RENTALS, OR EVENTS THAT LIFECENTER PLUS HOSTS.

MONDAY

5:00-8:00AM | 3:30-5:15PM | 7:45-8:45PM

TUESDAY

11:30-12:00PM | 3:30-5:15PM | 7:45-8:45PM

WEDNESDAY

5:00-8:45AM | 3:30-5:15PM

THURSDAY

3:30-5:15PM | 7:45-8:45PM

FRIDAY

5:00-9:00AM | 3:30-8:45PM

SATURDAY

12:00-1:00PM | 2:00-6:45PM

SUNDAY

9:00-3:30PM