



Fitness on Demand or Open Studio Times

Mondays

4:30am – 5:20am

12:15pm- 4:05pm

7:30pm- 10pm

Tuesdays

4:30am- 5:20am

12:30pm – 3:30pm

4:00pm- 5:00pm

7:45pm- 10:00pm

Wednesdays

4:30am – 5:20 am

12:15pm – 4:20pm

7:30pm – 10:00pm

Thursdays

4:30am – 5:20am

12:30pm- 4:05 pm

7:15pm- 10:00pm

Fridays

4:30am- 5:20am

10:15am - 11:20am

12:15pm- 3:30pm

5:15pm- 8:00pm

Saturdays

11:15am- 5:00pm

Sundays

7:00am – 8:00am

9:15am – 11:20 am

12:15pm – 5:00pm