



# FITNESS TOO! HOURS

*Effective August 2015*

	<u>Male Only</u>	<u>Female Only</u>
SUNDAY	7:00AM-8:55AM 12:30PM-3:55PM	9:00AM-12:25PM 4:00PM-Closing
MONDAY & WEDNESDAY	5:30AM-6:45AM 1:00PM-3:55PM 7:00PM-8:25PM	6:50AM-12:55PM 4:00PM-6:55PM 8:30PM-9:45PM
TUESDAY & THURSDAY	6:50AM-8:55AM 3:00PM-6:55PM 8:30PM-9:45PM	5:30AM-6:45AM 9:00AM-2:55PM 7:00PM-8:25PM
FRIDAY	6:55AM-8:55AM 1:30PM-Closing	5:30AM-6:45AM 9:00AM-1:25PM

\*Don't forget about our **MEN ONLY** Tuesday nights!! 10-11:15p @ the PH JCC\*