



# 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.\*

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## 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

12:00-6:45PM

## SUNDAY

9:00-3:30PM