

DOWNTOWN GYM SCHEDULE

Last updated: 1/16/23

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
6:00 AM											
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM											
8:30 AM											
9:00 AM	ECE Gym Time 9:00am-11:00	ECE Gym Time 9:00am-11:00	ECE Gym Time 9:00am-11:00	ECE Gym Time 9:00am-11:00	ECE Gym Time 9:00am-11:00						
9:30 AM											
10:00 AM											
10:30 AM											
11:00 AM						Soccer Rental 10:00am- 12:00pm					
11:30 AM											
12:00 PM											
12:30 PM											
1:00 PM											
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM	ECE Gym Time 3:00pm-4:30	ECE Gym Time 3:00pm-4:30	ECE Gym Time 3:00pm-4:30	ECE Gym Time 3:00pm-4:30	ECE Gym Time 3:00pm-4:30						
3:30 PM											
4:00 PM											
4:30 PM											
5:00 PM	Soccer Rental 5:00pm-7:00	Soccer Rental 5:00pm-7:00		Soccer Rental 5:00pm-7:00							
5:30 PM											
6:00 PM											
6:30 PM											
7:00 PM											

- Group Fitness class
- Small Group Training class
- Programmed gym time
- Open gym time

The gym schedule is subject to change based on gym rentals and special events.

