

DOWNTOWN GYM SCHEDULE

Last updated: 7/18/23

	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-11:30	ECE Gym Time 9:00am-11:30	ECE Gym Time 9:00am-11:30	ECE Gym Time 9:00am-11:30	ECE Gym Time 9:00am-11:30		
9:30 AM							
10:00 AM							Soccer Rental 10:00am-11:30pm
10:30 AM							
11:00 AM							
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-5:00	ECE Gym Time 3:00pm-5:00	ECE Gym Time 3:00pm-5:30	ECE Gym Time 3:00pm-5:00	ECE Gym Time 3:00pm-5:30		
3:30 PM							
4:00 PM							
4:30 PM	Soccer Rental 5:00pm-7:00	Soccer Rental 5:00pm-7:00		Soccer Rental 5:00pm-7:00			
5:00 PM							
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.

