



Open Gym Hours

MONDAY

12PM – 7PM

TUESDAY

8AM – 12PM

WEDNESDAY

12PM – 7PM

THURSDAY

8AM – 12PM
1PM – 7PM

FRIDAY

NO OPEN GYM

SATURDAY

NO OPEN GYM

SUNDAY

9AM – 3PM



TUESDAYS & THURSDAYS
Pelvic Floor Rehab 12PM

\$10 DROP IN (FREE TO CLIENTS)

BOOK ON VAGARO

Stronger Together: Women Coaching Women.

