

# a&b

## FITNESS CONCEPTS

### Open Studio Times - Members Only

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am - 7:30pm	5:00am - 6:00pm	5:00am - 7:00pm	5:00am - 6:00pm	5:00am - 5:00pm	6:00am - 12:00pm

First floor equipment is available to use during monthly scheduled times for all members.  
\*\*Studio is closed on Sundays.\*\*