

a&b

FITNESS CONCEPTS

Open Studio Times - Members Only

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

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