

September Open Gym 2026

	Aug 31 9am-12pm 1pm-5pm Strength & Stretch 9:30am & 2:30pm	1 9am-12pm 1pm-5pm Strength & Stretch 9:30am	2 9am-12pm 1pm-5pm Strength & Stretch 9:30am & 2:30pm	3 9am-12pm 1pm-5pm Strength & Stretch 9:30am	4 *9am-2:30pm*	5
6	7 <u>CLOSED</u>	8 9am-12pm 1pm-5pm Strength & Stretch 9:30am	9 9am-12pm 1pm-5pm Strength & Stretch 9:30am & 2:30pm	10 9am-12pm 1pm-5pm Strength & Stretch 9:30am	11 9am-4pm	12
13	14 9am-12pm 1pm-5pm Strength & Stretch 9:30am & 2:30pm	15 9am-12pm 1pm-5pm Strength & Stretch 9:30am	16 9am-12pm 1pm-5pm Strength & Stretch 9:30am & 2:30pm	17 9am-12pm 1pm-5pm Strength & Stretch 9:30am	18 9am-4pm	19
20	21 9am-12pm 1pm-5pm Strength & Stretch 9:30am & 2:30pm	22 9am-12pm 1pm-5pm Strength & Stretch 9:30am	23 9am-12pm 1pm-5pm Strength & Stretch 9:30am & 2:30pm	24 9am-12pm 1pm-5pm Strength & Stretch 9:30am	25 9am-4pm	26
27	28 9am-12pm 1pm-5pm Strength & Stretch 9:30am & 2:30pm	29 9am-12pm 1pm-5pm Strength & Stretch 9:30am	30 9am-12pm 1pm-5pm Strength & Stretch 9:30am & 2:30pm			

*Indicates differing than normal open hours that day