

Spring Fitness Centre Hours

| Days | Overall Hours | Closed for Classes |
|-----------|-----------------|---|
| Monday | 6:30am – 9:30pm | 7:00pm – 8:00pm |
| Tuesday | 6:30am – 9:30pm | 9:30am - 10:30am 1:30pm - 2:30pm |
| Wednesday | 6:30am – 9:30pm | |
| Thursday | 6:30am – 9:30pm | 10:00am – 11:00am 1:30pm - 2:30pm 8:00pm – 9:00pm |
| Friday | 6:30am – 8:00pm | 10:00am – 11:00am |
| Saturday | 6:30am – 8:00pm | 9:15am – 10:15am |
| Sunday | 8:00am – 8:00pm | |