

Gym/Laundromat Hours

Beginning September 8th, 2019

OPEN

Monday to Thursday 7 am – 3:30 pm

Friday 7 am – 8 pm

Saturday 8 am – 4 pm

Sunday Noon – 8 pm

Beginning September 30th, 2019

Monday to Friday 7 am – 3:30 pm

Tuesday and Thursday Evenings 5 pm – 8 pm

Saturday 8 am – 1 pm

Membership Fees are \$20.00 per month, plus HST