

ENVISION
STRENGTH
FITNESS

****Open Gym Hours**

Mondays: (6:30-7:30am) (10:30am---1pm) (4pm to 7pm)

Tuesdays: 6:30am to 12noon (4pm to 5:30pm)

Wednesdays: 7am to 12noon (4pm to 7:00pm)

Thursdays: 7:30am to 12noon (4pm to 7:00pm)

Fridays: (6:30am-7:30am)(10:30am to 1pm) (4pm to 5:30pm)

Saturdays: 8:30am to 12noon