

FITNESS ON DEMAND (FOD) Available Hours

Mondays: 6:00 am – 8:15am; 1:15pm – 4:45pm;
8:00pm – 10:00pm

Tuesdays: 5:00 am – 8:15am; 1:15pm – 3:45pm;
8:00 pm – 10:00pm

Wednesdays: 12:00pm – 4:00pm; 8:00pm –
10:00pm

Thursday: 7:00am – 8:15am; 12:00 pm – 3:45 pm;
8:00pm-10:00pm

Friday: 4:45am – 6:45am; 12:00pm – 5:15pm;
6:45pm – 10:00pm

Saturday: 7:00am – 7:45am; 12:00pm – 8:00pm

Sunday: 7:00am – 8:00am; 12:30pm – 8:00pm