OPEX Gym Schedule



OPEX OPEN GYM

Note: Coaches will always be on-site during all open gym hours if you need assistance. Coaches will be actively coaching on the floor during coached open gym and will be passive during self-guided open gym hours. If you are a beginner or need more attention we highly recommend training during coached open gym. If you're unsure, ask your coach!

	Monday	
Coa	– 12pm ched n Gym	
Self-	– 12pm -Guided n Gym	
	Chantel	
Self-	– 9pm -Guided n Gym	_

5pm - 8pm

Coached

Open Gym

8pm - 9pm

Self-Guided

Zack

Open Gym

9am - 12pm Self-Guided Open Gym Steve 3pm - 9pm Self-Guided Open Gym 5pm - 8pm Coached Open Gym 8pm - 9pm Self-Guided Open Gym John

Tuesday

6am - 12am

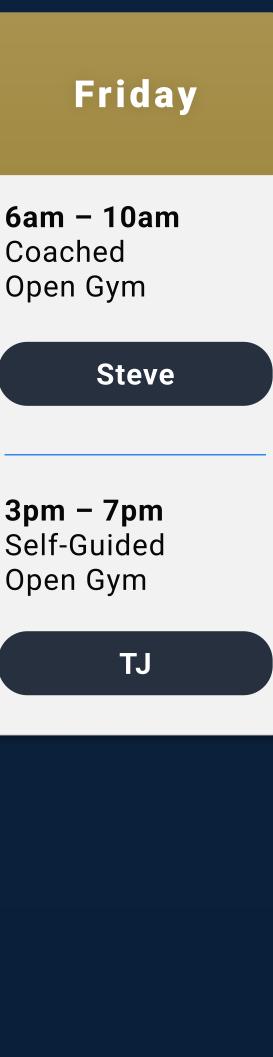
Coached

Open Gym

Thursday Wednesday 6am - 12am 6am - 12am Coached Coached Open Gym Open Gym 9am - 12pm 9am - 12pm Self-Guided Self-Guided Open Gym Open Gym Zack Steve 3pm - 9pm 3pm - 9pm Self-Guided Self-Guided Open Gym Open Gym 5pm - 8pm 5pm - 8pm Coached Coached Open Gym Open Gym 8pm - 9pm 8pm - 9pm Self-Guided Self-Guided Open Gym Open Gym Chantel TJ







Saturday Sunday 9am - 1pm 8am - 1pm Self-Guided Coached Open Gym Open Gym • 8am-12pm Steve Self-Guided Open Gym • 12pm-1pm

TJ & John