

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	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>6am – 12pm Coached Open Gym</p>	<p>6am – 12am Coached Open Gym</p>	<p>6am – 12am Coached Open Gym</p>	<p>6am – 12am Coached Open Gym</p>	<p>6am – 10am Coached Open Gym</p>	<p>8am – 1pm Coached Open Gym • 8am-12pm</p>	<p>9am – 1pm Self-Guided Open Gym</p>
<p>9am – 12pm Self-Guided Open Gym</p>	<p>9am – 12pm Self-Guided Open Gym</p>	<p>9am – 12pm Self-Guided Open Gym</p>	<p>9am – 12pm Self-Guided Open Gym</p>	<p>Steve</p>	<p>Self-Guided Open Gym • 12pm-1pm</p>	<p>Steve</p>
<p>Chantel</p>	<p>Steve</p>	<p>Zack</p>	<p>Steve</p>	<p>3pm – 7pm Self-Guided Open Gym</p>	<p>TJ & John</p>	
<p>3pm – 9pm Self-Guided Open Gym</p>	<p>3pm – 9pm Self-Guided Open Gym</p>	<p>3pm – 9pm Self-Guided Open Gym</p>	<p>3pm – 9pm Self-Guided Open Gym</p>	<p>TJ</p>		
<p>5pm – 8pm Coached Open Gym</p>	<p>5pm – 8pm Coached Open Gym</p>	<p>5pm – 8pm Coached Open Gym</p>	<p>5pm – 8pm Coached Open Gym</p>			
<p>8pm – 9pm Self-Guided Open Gym</p>	<p>8pm – 9pm Self-Guided Open Gym</p>	<p>8pm – 9pm Self-Guided Open Gym</p>	<p>8pm – 9pm Self-Guided Open Gym</p>			
<p>Zack</p>	<p>John</p>	<p>Chantel</p>	<p>TJ</p>			