



STEPHENS FITNESS CENTER HOURS OF OPERATION SEPTEMBER 2017



| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|--|--|--|--|--|
| | | | | | 6:30a - 8:45p 01 | 12:00p - 5:45p 02 |
| 12:00p - 5:45p 03 | CLOSED 04 LABOR DAY | 6:30a - 9:45p 05 | 6:30a - 9:45p 06 | 6:30a - 9:45p 07 | 6:30a - 9:45p 08 | 10:00a - 7:45p 09 |
| 8:00a - 3:45p 10 OPENING EXERCISES | 6:30a - 11:45p 11 | 6:30a - 11:45p 12 | 6:30a - 11:45p 13 CLASSES BEGIN | 6:30a - 11:45p 14 | 6:30a - 11:45p 15 | 8:00a - 12:45a 16 |
| 8:00a - 12:45a 17 | 6:30a - 12:45a 18 Free Instructional Classes | 6:30a - 12:45a 19 Free Instructional Classes | 6:30a - 12:45a 20 Free Instructional Classes | 6:30a - 12:45a 21 ROSH HASHANAH Bench Press Challenge I Free Instructional Classes | 6:30a - 12:45a 22 Free Instructional Classes | 8:00a - 12:45a 23 |
| 8:00a - 12:45a 24 ROSH HASHANAH | 6:30a - 12:45a 25 1000-PT Challenge I Begins Instructional Classes Begin | 6:30a - 12:45a 26 | 6:30a - 12:45a 27 | 6:30a - 12:45a 28 | 6:30a - 12:45a 29 | 8:00a - 12:45a 30 YOM KIPPUR |
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THIS SCHEDULE IS SUBJECT TO CHANGE