

## Gym Hours

**Closed Daily from 12pm-1pm**

Monday to Thursday: 8am-5pm

Friday: 8am-4pm

# JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>NHCHC CLOSED</b>				
1	2	3	4	5
8	<b>SIT &amp; FIT 11-12</b>	<b>GYM CLOSED 1-4</b>	<b>SIT &amp; FIT 11-12</b>	12
15	<b>SIT &amp; FIT 11-12</b>	<b>NHCHC CLOSED 8-11</b>	<b>SIT &amp; FIT 11-12</b>	19
22	<b>SIT &amp; FIT 11-12</b>	<b>GYM CLOSED 1-4</b>	<b>SIT &amp; FIT 11-12</b>	26
29	<b>SIT &amp; FIT 11-12</b>			
	30	31		



**Jan 2 – 5 : NHCHC GYM OPEN 8-4 ONLY**



**NorthHamilton**  
Community Health Centre