



NorthHamilton
Community Health Centre




Gym Hours

CLOSED Daily from 12pm – 1pm

Monday - Thursday: 8am – 5pm

Friday: 8am – 4pm

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Sit and Fit Class 11:00 am - 12:00 pm	2 
5	6 Sit and Fit Class 11:00 am - 12:00 pm	7	8 Sit and Fit Class 11:00 am - 12:00 pm	9
12	13 Sit and Fit Class 11:00 am - 12:00 pm	14 Gym Closed 1:00 pm - 4:00 pm	15 Sit and Fit Class 11:00 am - 12:00 pm	16
19	20 Sit and Fit Class 11:00 am - 12:00 pm	21 Gym Closed 8:00 am - 11:00 am	22 Sit and Fit Class 11:00 am - 12:00 pm	23
26	27 Sit and Fit Class 11:00 am - 12:00 pm	28	29 Sit and Fit Class 11:00 am - 12:00 pm	30