



**NorthHamilton**  
Community Health Centre




## Gym Hours

**CLOSED** Daily from 12pm – 1pm

Monday - Thursday: 8am – 5pm

Friday: 8am – 4pm

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>2</p>	<p>3</p> <p>Sit and Fit Class 11:00 am – 12:00 am</p>	<p>5</p>	<p>5</p> <p>Sit and Fit Class 11:00 am – 12:00 am</p>	<p>6</p>
<p>9</p> <p><b>NHCHC Closed</b> <b>Thanksgiving Day</b></p>	<p>10</p> <p>Sit and Fit Class 11:00 am – 12:00 am</p>	<p>11</p> <p><b>Gym Closed</b> <b>1:00 pm – 4:00 pm</b></p>	<p>12</p> <p>Sit and Fit Class 11:00 am – 12:00 am</p>	<p>13</p>
<p>16</p>	<p>17</p> <p>Sit and Fit Class 11:00 am – 12:00 am</p>	<p>18</p> <p><b>Gym Closed</b> <b>8:00 am – 11:00 am</b></p>	<p>19</p> <p>Sit and Fit Class 11:00 am – 12:00 am</p>	<p>20</p>
<p>23</p>	<p>24</p> <p>Sit and Fit Class 11:00 am – 12:00 am</p>	<p>25</p> <p><b>Gym Closed</b> <b>1:00 pm – 4:00 pm</b></p>	<p>26</p> <p>Sit and Fit Class 11:00 am – 12:00 am</p>	<p>27</p>
<p>30</p>	<p>31</p> <p>Sit and Fit Class 11:00 am – 12:00 am</p>			