

September

Regular Gym Hours:
CLOSED Daily from 12pm – 1pm
 Monday - Thursday: 8am – 5pm
 Friday: 8am – 4pm
Sit and Fit located at NHCHC, Main Level

Monday	Tuesday	Wednesday	Thursday	Friday
3 Labour Day NHCHC CLOSED	4	5	6	7
10	11	12 Gym CLOSED 1:00 PM – 4:00 PM	13	14
17	18	19 Gym CLOSED 8:00 AM – 11:00 AM	20	21
24	25	26	27	28