

FREERUN

MAIN: 905 812 5240 | 6593 KITIMAT RD, #2, MISSISSAUGA, L5N 4J4 | WWW.FREERUNINC.COM

CLASS & OPEN GYM INTERIM SCHEDULE - OCTOBER 2020

TIME ↓	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GYM HOURS	6:00 AM - 9:30 PM	6:00 AM - 9:30 PM	6:00 AM - 9:30 PM	6:00 AM - 9:30 PM	6:00 AM - 8:00 PM	9:00 AM - 1:00 PM	9:00 AM - 1:00 PM
06:00AM	Strength Upper Body	Stamina	Strength Lower Body	Stamina	Strength Full Body		
07:30AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
09:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Strength Full Body	Stamina
10:30AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Strength Full Body	Obstacle
12:00PM	Strength Upper Body	Stamina	Strength Lower Body	Stamina	Strength Full Body	Mobility In-Person	Open Gym
2:30PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
4:00PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	<p>NEWS: We are CLOSED Friday, 9th for Deep Cleaning & Monday, 12th for Thanksgiving Monday.</p> <p>WINDOW CUTOFF TIMES: Please note the window to register for or cancel a class is 30min prior to the start time.</p>	
5:30PM	Strength Upper Body	Stamina	Strength Lower Body	Stamina	Strength Full Body		
7:00PM	Strength Upper Body	Stamina	Strength Lower Body	Stamina	Strength Full Body		
	Obstacle	Ninja Jam		Ninja Jam			
8:30PM	Open Gym	Open Gym	Open Gym	Open Gym			

* All Members must pre-register for classes & open gym times via the app or online

* Members must arrive 10 min before their booked time slot.

* Late arrivals will not be allowed in once the class starts.

* All members will be pre-screened on entry at each visit.

****PLEASE DO NOT COME IN IF YOU ARE FEELING UNWELL****