

ALCHEMY 365 LOHI

OPEN GYM SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN		
5AM	5AM-6:50AM								
6AM									
7AM	7AM-7:50AM					7:30AM-11:30AM			
8AM	8AM-10:50AM								
9AM									
10AM									
11AM	11AM-11:50AM								
12PM	12PM-5:20PM								
1PM									
2PM								12PM-6PM	
3PM									
4PM									
5PM	5:30PM-6:30PM								
6PM							6:30PM-7PM		

Visit alchemy365.com/opengym to add an Open Gym pass to your membership!

Barbell Class

Open Gym

*Schedule subject to change. We may adjust hours due to holidays.