

HOURS OF OPERATION

Strong Life Powerlifting team members generally train three days per week as their schedule allows them to. The gym has moved to an “open” gym format during the following hours of operation:

MONDAY

**5:00 am to 6:00 am
3:00 pm to 5:00 pm**

TUESDAY

**5:00 am to 6:00 am
4:00 pm to 6:00 pm**

WEDNESDAY

**5:00 am to 6:00 am
3:00 pm to 5:00 pm**

THURSDAY

**5:00 am to 6:00 am
4:00 pm to 6:00 pm**

FRIDAY

**5:00 am to 6:00 am
2:00 pm to 4:00 pm**

SATURDAY

10:00 am to 1:00 pm

SUNDAY

Closed to celebrate the Lord's Day