

ALCHEMY 365 HIGHLAND PARK

OPEN GYM SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
5AM	5:10AM-6:20AM						
6AM							
7AM						7:30AM-10:30AM	
8AM						7:30AM-11:30AM	
9AM	9:15AM-11AM		9:15AM-11AM		9:15AM-11AM		
10AM	9:15AM-12:30PM		9:15AM-12:30PM				
11AM							
12PM							
1PM							
2PM							
3PM	3:15PM-4:20PM						3:15PM-5PM
4PM					3:45PM-5:30PM		
5PM	5:30PM-8PM						
6PM							
7PM							

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

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