



OPEN GYM HOURS

Effective September 5 to December 31, 2023

ATHLETIC CENTRE:

STRENGTH & CONDITIONING CENTRE (SCC) & WEIGHTLIFTING ZONE (WLZ):

Mon–Fri: 7 a.m.–9 p.m.
Sat–Sun: 9 a.m.–5 p.m.

Women-only hours:
Sun, Mon & Wed: 12–1 p.m.
Tues & Thurs: 5–6 p.m.
Fri: 1–2 p.m. Sat: 9–10 a.m.

FIELD HOUSE:

Mon–Fri: 7 a.m.–11 p.m.
Sat–Sun: 9 a.m.–5 p.m.

GOLDRING CENTRE FOR HIGH PERFORMANCE SPORT:

STRENGTH & CONDITIONING CENTRE (SCC):

Mon–Fri: 7 a.m. – 11 p.m.
Sat–Sun: 9 a.m. – 7 p.m.



Learn more at: uoft.me/opengym

*Please note that equipment may be limited at certain times due to other programming.



SPORT & REC

DIVERSITY MOVES US.