## OPEN GYM HOURS
### Effective May 1, 2023

### ATHLETIC CENTRE HOURS:

**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.–9 p.m.
- **Sat–Sun:** 9 a.m.–5 p.m.

### GOLDRING CENTRE FOR HIGH PERFORMANCE SPORT HOURS:
- **Mon–Fri:** 7 a.m. – 9 p.m.
- **Sat–Sun:** 9 a.m. – 7 p.m.

Learn more at: [uoft.me/opengym](uoft.me/opengym)

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