

Ping Pong Schedule

Effective as of December 16, 2024

Fitness Center Hours:

Monday - Thursday 5 am - 10 pm
 Friday 5 am - 8 pm
 Saturday & Sunday 6 am - 7 pm

Group Exercise  Ping Pong 

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5 am							
6 am							
7 am							
8 am							
9 am							
9:30 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
5:30 pm							
6 pm							
7 pm							
7:30 pm							
8 pm							
9 pm							
10 pm							

Ping Pong hours are subject to cancellation at any time to accommodate group exercise classes or other programs that may require the space on short notice. Ping Pong does not require advance registration or a reservation, and is first-come, first-serve.