

SPH Employee Wellness Centre

Wellness Centre Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	
TIME	Wellness Centre 0056	Wellness Centre 0056	Wellness Centre 0056	Wellness Centre 0056	Wellness Centre 0056	
0000 - 0630	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
06:30-07:30						
07:30-12:15						
12:00-12:30						
12:30-13:00						
13:00-14:00						
14:00-15:00			FREE Drop in Fitness Coaching (4:00PM-6:00PM)			Open Gym
15:00-16:00						
16:00-17:00						
17:00-18:00						
17:30-18:30						
18:30-24:00						
Centre is closed for Open Gym use when fitness classes are in session. Open Gym 24/7.						
<i>There are is no food permitted in the wellness centre. You must have your employee ID badge with you at all times while using the centre. Thank you for your cooperation and understanding.</i>						