



Quality Fitness

“For your quality of life”

8221 44th Ave. W., Suite E

Mukilteo, WA 98275

(425) 347-5191

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****PLEASE** sign up for Gym Time in advance (online), and **always** defer to PT clients when they or any other classes are in session**

via our website:

www.QualityFitnessMukilteo.com

or on our mobile app **MindBody**

2016 Open Gym Schedule *Treadmills & Ellipticals OPEN, M-Th: 6am-10pm; Fri 6am-5pm; Sat: 8am-5pm*

Winter Spring 2016	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Room ----->	<u>Gym</u>	<u>Gym</u>	<u>Gym</u>	<u>Gym</u>	<u>Gym</u>	<u>Gym</u>	<u>Gym</u>
6:00	<i>Closed</i>	OPEN	OPEN	OPEN	OPEN	<i>Closed</i>	<i>Closed</i>
7:00	OPEN	OPEN	OPEN	OPEN	OPEN	<i>Closed</i>	<i>Closed</i>
8:00	<i>Closed</i>	OPEN	<i>Closed</i>	OPEN	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>
9:00	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>	OPEN	<i>Closed</i>
10:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN (until 10:30)	<i>Closed</i>
11:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN (w/permission)	<i>Closed</i>
12:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	<i>Closed</i>
1:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	<i>Closed</i>
2:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	<i>Closed</i>
3:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	<i>Closed</i>
4:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	<i>Closed</i>
5:00	OPEN	<i>Closed</i>	OPEN	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>
6:00	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>
7:00	OPEN	OPEN	OPEN	OPEN	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>
8:00	OPEN	OPEN	OPEN	OPEN	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>
9:00	OPEN	OPEN	OPEN	OPEN	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>