

HITT CENTER HOURS OF OPERATION:

0400-2200 Monday- Friday

0500-2100 Saturday/Sunday

Monday	Tuesday	Wednesday	Thursday	Friday
0400-1000 Open Gym	0400-1000 Open Gym	0400-1000 Open Gym	0400-1000 Open Gym	0400-1000 Open Gym
1130-1230 HITT WOD	1130-1230 HITT WOD	1130-1230 HITT WOD	1130-1230 HITT WOD	1130-1230 HITT WOD
1230-1530 Open Gym	1230-1530 Open Gym	1230-1530 Open Gym	1230-1530 Open Gym	1230-1530 Open Gym
1700-1800 HITT WOD	1700-1800 Reload HITT	1700-1800 HITT WOD	1700-1800 Reload HITT	1700-1800 HITT WOD
1830-1930 PFT/CFT Prep (coming soon)		1830-1930 PFT/CFT Prep (coming soon)		1830-1930 PFT/CFT Prep (coming soon)
1930-2200 Open Gym	1830-2200 Open Gym	1930-2200 Open Gym	1830-2200 Open Gym	1930-2200 Open Gym

THE HITT CENTER WILL NOT BE AVAILABLE FOR USE DURING CLASS TIMES.

BE RESPECTFUL OF THE NEW FACILITY BY PUTTING GEAR BACK WHERE THEY SHOULD BE, USING EQUIPMENT APPROPRIATELY AND HELPING ENSURE ALL USERS DO THE SAME

HITT Center Rules/Policies

1. Priority is given to HITT Instructor led classes and programs to include HITT Classes and HITT Level 1/Level 2 Courses.
2. HITT Center will not be available for “open use” during HITT Classes and HITT Level 1/Level 2 Courses and during set maintenance period.
3. Be respectful of the equipment and the facility by adhering to the following:
 - a. Use equipment appropriately. If unsure on proper usage, ask a HITT Instructor.
 - b. Put equipment back in its proper place after use.
 - c. Wipe down equipment after use.
 - d. Clean up after yourself.
 - e. Only dustless/powderless chalk is authorized to be used.
 - f. Limit unnecessary dropping of the bars from overhead and racked positions.
4. Equipment in the HITT Center cannot be checked out of the facility.
5. Use of the blue tooth speaker system will be allowed with authorization of gym staff.
6. Dress code rules for fitness centers apply.
7. No bags in the HITT Center.