

UNSTAFFED HOURS

Please find the unstaffed hours for your gym below
Note - these hours are subject to change

Region	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Manhattan	116th	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Manhattan	125th	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Manhattan	54th St	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Queens	Astoria	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Long Island	Baldwin	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Brooklyn	Bed Stuy	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Bronx	Bedford Park	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Brooklyn	Boerum Hill	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Brooklyn	Brownsville	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Manhattan	Bryant Park	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-5am	7pm-5am
Brooklyn	Bushwick	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Brooklyn	Canarsie	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Manhattan	Chelsea	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
New Jersey	Clifton	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Brooklyn	Clinton Hill	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Maryland	Columbia	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Brooklyn	Coney Island	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Queens	Corona	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Brooklyn	Crown Heights	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Bronx	CVW	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
New Jersey	East Orange	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Bronx	East Tremont	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Manhattan	East Village	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Manhattan	FiDi	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-5am	7pm-5am
Brooklyn	Flatbush	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Bronx	Fordham	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Brooklyn	Gates	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Bronx	Gun Hill	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Long Island	Hicksville	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Bronx	Hunts Point	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
New Jersey	Irvington	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Queens	Jackson Heights	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
New Jersey	JSQ	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Brooklyn	Junction	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
New Jersey	Lodi	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Bronx	Mt Eden	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Manhattan	Murray Hill	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Manhattan	Noho	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
New Jersey	Nutley	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Queens	Ozone Park	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Brooklyn	Park Slope	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Bronx	Parkchester	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Queens	Queens Village	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Queens	Ridgewood	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Bronx	Riverdale	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Brooklyn	Sheepshead Bay	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
New Jersey	South Orange	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Virginia	Springfield	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Queens	Springfield Gardens	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Brooklyn	Stuy Heights	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Brooklyn	Sunset Park	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Bronx	The Hub	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Virginia	Tyson's Corner	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Long Island	Valley Stream	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Manhattan	Washington Heights	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Bronx	West Fordham	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Brooklyn	Williamsburg	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Queens	Woodside	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am
Bronx	Yonkers	11pm-5am	11pm-5am	11pm-5am	11pm-5am	11pm-5am	7pm-7am	7pm-7am