

# ZONE FITNESS

## OPENING HOURS

### ZONE TRURO

- Monday 0530 - 2100
- Tuesday 0600 - 2100
- Wednesday 0600 - 2100
- Thursday 0600 - 2100
- Friday 0600 - 2100
- Saturday 0800 - 1500
- Sunday 0900 - 1500

### ZONE PLYMOUTH

- Monday 0530 - 2100
- Tuesday 0530 - 2100
- Wednesday 0530 - 2100
- Thursday 0530 - 2100
- Friday 0530 - 2100
- Saturday 0700 - 1700
- Sunday 0800 - 1500