

**MCC DAMON FITNESS CENTER
SUMMER 2019
WEIGHT TRAINING SCHEDULE**

MONDAY & WEDNESDAY (Building closes at 7:15 p.m.)

6:00 a.m. - 7:00 p.m. Open Workout

TUESDAY & THURSDAY (Building closes at 8:45 p.m.)

7:30 a.m. - 8:30 p.m. Open Workout

FRIDAY (Building closes at 6:45 p.m.)

6:00 a.m. - 6:30 p.m. Open Workout

SATURDAY & SUNDAY

Closed

***Schedule may be adjusted due to usage**

910 Hwy 19 North, Meridian, MS 39307 (601) 484-8763

www.meridiancc.edu