

# Fitness Timetable

Monday 29th May - Sunday 4th June

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:00								06:00
07:00	07.00 - 13.00 Members Gym Session			07.00 - 11.00 Members Gym Session	06.30 - 21.30 Members Gym Session	07.00 - 14.00 Members Gym Session	07.00 - 13.00 Members Gym Session	07:00
08:00								
09:00								
10:00								10:00
11:00				11.00 - 12.00 Junior Gym				11:00
12:00								12:00
13:00	13.00 - 14.00 Junior Gym							13:00
14:00		07.00 - 22.00 Members Gym Session	07.00 - 22.00 Members Gym Session			14.00 - 15.00 Junior Gym	13.00 - 14.00 Junior Gym	14:00
15:00								15:00
16:00						15.00 - 18.00 Members Gym Session	14.00 - 18.00 Members Gym Session	16:00
17:00				12.00 - 22.00 Members Gym Session				17:00
18:00	14.00 - 22.00 Members Gym Session							18:00
19:00								19:00
20:00								20:00
21:00								21:00
22:00								22:00

## Main Gym Area

Full access to our fitness suite area which hosts the latest Life Fitness cardio, strength and resistance equipment. See timetable information above.

## Parental Supervised Junior Gym

Junior gym is a dedicated session where teens and older children aged between 11-15 can access the gym and get active whilst accompanied by a responsible adult member.

## Main Gym Area

Access to half of our fitness suite area which hosts the latest Life Fitness cardio, strength and resistance equipment. See timetable information above.

## 1st Floor Members Gym

Monday - Thursday	07.00 - 21.30
Friday	06.30 - 21.00
Saturday & Sunday	07.00 - 17.30

## Weights Room

Monday - Friday	10.00 - 21.30
Saturday & Sunday	10.00 - 17.30

