

Fitness Timetable

Monday 8th July - Sunday 1st September

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 - 13.00 Members Gym Session		07.00 - 14.00 Members Gym Session	07.00 - 14.00 Members Gym Session
08:00								
09:00								
10:00								
11:00			11.00 - 12.00 Junior Gym					
12:00								
13:00	13.00 - 14.00 Junior Gym				13.00 - 14.00 Junior Gym			
14:00		07.00 - 22.00 Members Gym Session		07.00 - 22.00 Members Gym Session		14.00 - 15.00 Junior Gym	14.00 - 15.00 Junior Gym	
15:00								
16:00						15.00 - 18.00 Members Gym Session	15.00 - 18.00 Members Gym Session	
17:00			12.00 - 22.00 Members Gym Session					
18:00	14.00 - 22.00 Members Gym Session				14.00 - 21.30 Members Gym Session			
19:00								
20:00								
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

