

Fitness Timetable

Monday 6th July - Sunday 30th August

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 - 12.00 Members Gym Session	07:00				
08:00								08:00				
09:00								09:00				
10:00								10:00				
11:00	13.00 - 14.00 Junior Gym	07.00 - 22.00 Members Gym Session	11.00 - 12.00 Junior Gym	07.00 - 22.00 Members Gym Session	13.00 - 14.00 Junior Gym	14.00 - 15.00 Junior Gym	12.00 - 13.00 Junior Gym	11:00				
12:00			12.00 - 22.00 Members Gym Session					12:00				
13:00								13:00				
14:00								14:00				
15:00	14.00 - 22.00 Members Gym Session				14.00 - 21.30 Members Gym Session	15.00 - 18.00 Members Gym Session	15.00 - 18.00 Members Gym Session	15:00				
16:00								16:00				
17:00								17:00				
18:00								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

