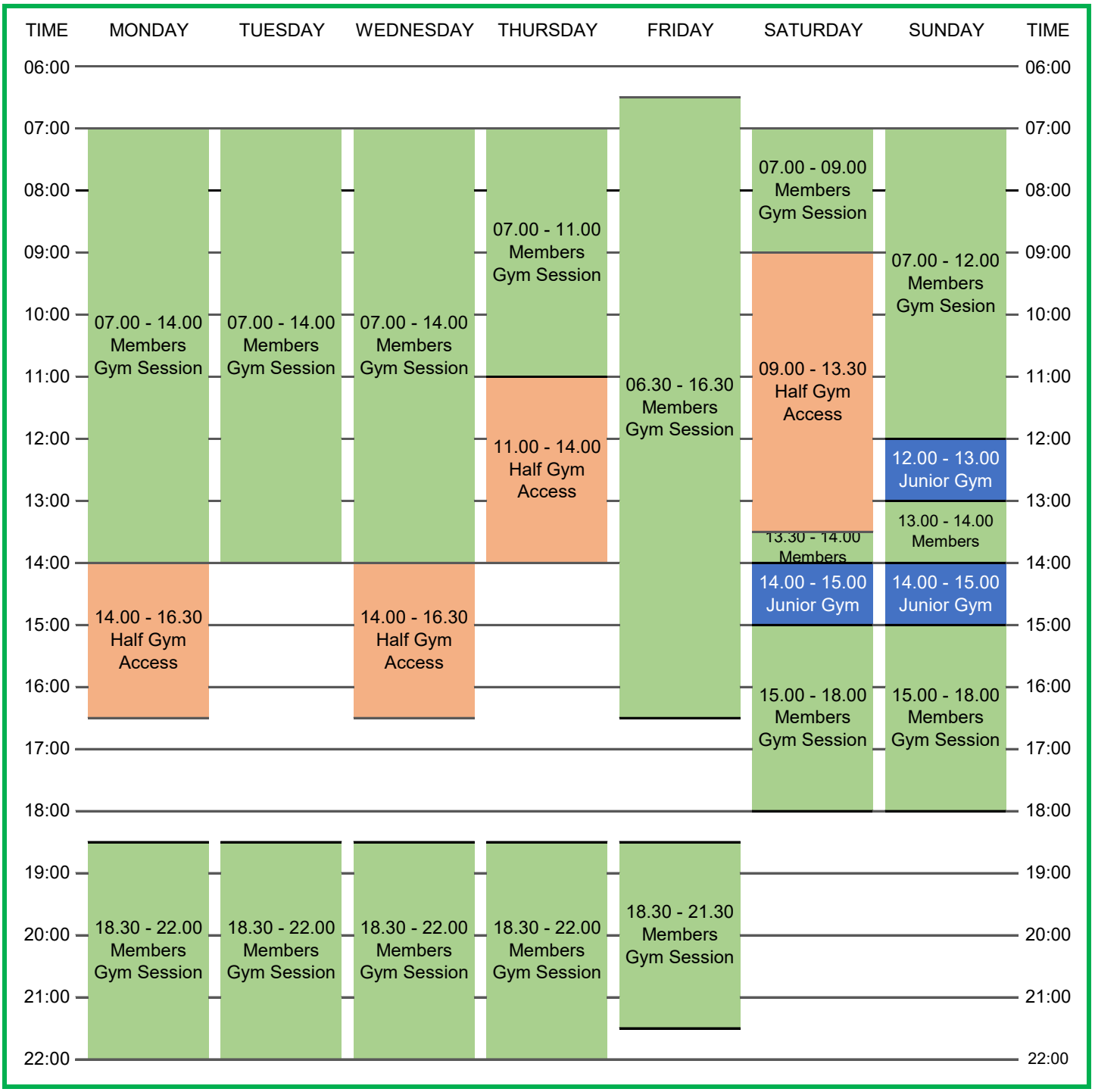
Fitness Timetable

Monday 2nd November - Sunday 13th December



Main Gym Area

Full access to our fitness suite area which hosts the latest Technogym 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 whist accompanied by a responsible adult member.

Main Gym Area

Access to half of our fitness suite area which hosts the latest Technogym 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

CLC HEALTH & FITNESS CENTRE