

Fitness Timetable

Monday 16th December - Sunday 5th January

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME				
06:00								06:00				
07:00	07.00 - 13.00 Members Gym Session	07.00 - 09.00 Members Gym Session			06.30 - 13.00 Members Gym Session			07:00				
08:00												08:00
09:00		09.00 - 10.00 Junior Gym										09:00
10:00						07.00 - 14.00 Members Gym Session	07.00 - 14.00 Members Gym Session	10:00				
11:00								11:00				
12:00								12:00				
13:00	13.00 - 14.00 Junior Gym				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	14.00 - 15.00 Junior Gym	14:00				
15:00								15:00				
16:00		10.00 - 22.00 Members Gym Session				15.00 - 18.00 Members Gym Session	15.00 - 18.00 Members Gym Session	16:00				
17:00								17:00				
18:00	14.00 - 22.00 Members Gym Session				14.00 - 21.30 Members Gym Session			18:00				
19:00								19:00				
20:00								20:00				
21:00								21:00				
22:00								22:00				

Sports Hall 2 - Temporary Gym Area

Temporary gym area including a range of 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

