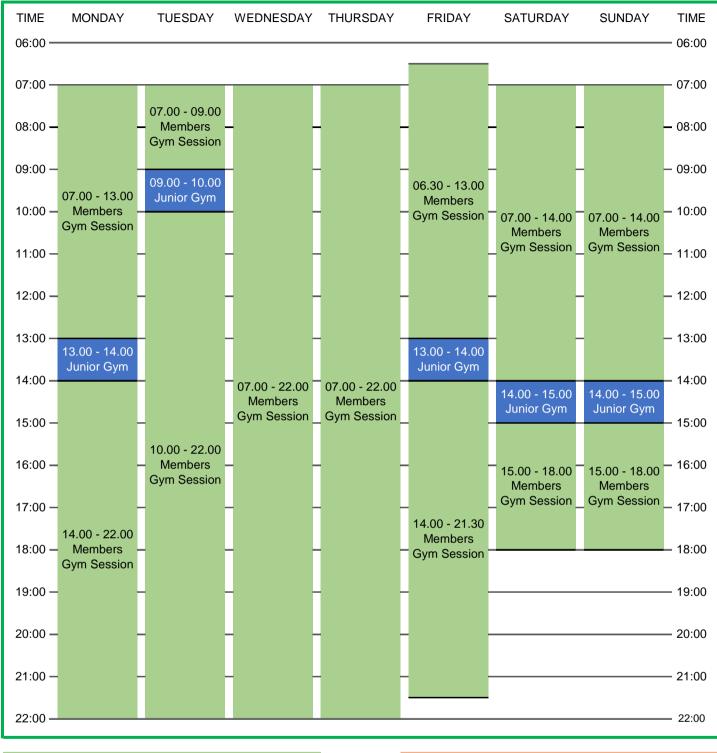
Fitness Timetable

Monday 16th December - Sunday 5th January



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 whist 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
