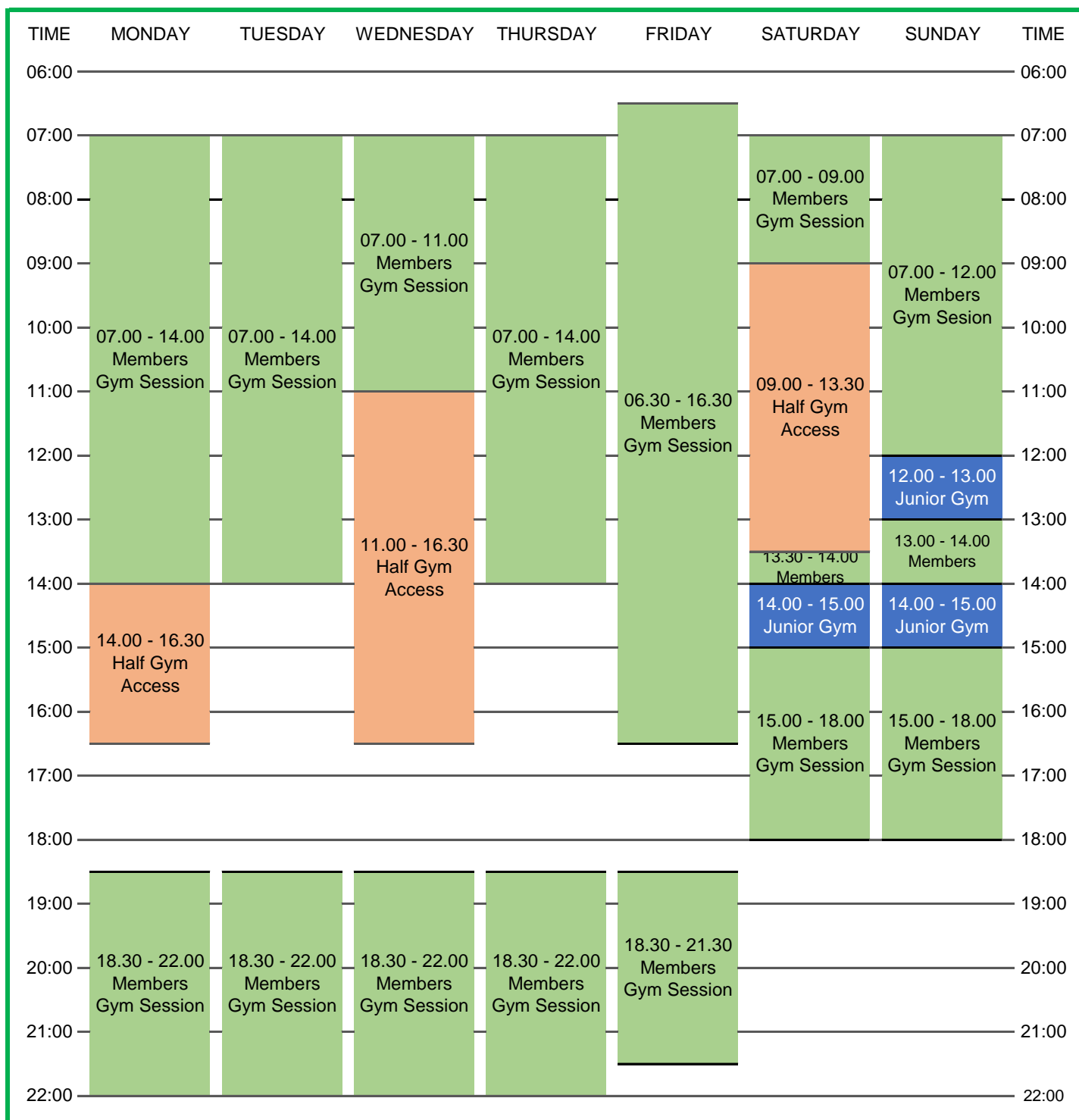


# Fitness Timetable

Monday 6th January - Sunday 16th February



### 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.

### 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.

### 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.

### 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

