

Fitness Timetable

Monday 17th February - Sunday 23rd February

| 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 - 14.00 Members Gym Session |
| 08:00 | | | | | | | | |
| 09:00 | | | | | | | | |
| 10:00 | | | | | | | | |
| 11:00 | | | 11.00 - 12.00 Junior Gym | | | | | |
| 12:00 | | | | | | | | |
| 13:00 | 13.00 - 14.00 Junior Gym | | | | 13.00 - 14.00 Junior Gym | | | |
| 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 | |
| 15:00 | | | | | | | | |
| 16:00 | | | | | | 15.00 - 18.00 Members Gym Session | 15.00 - 18.00 Members Gym Session | |
| 17:00 | | | 12.00 - 22.00 Members Gym Session | | 14.00 - 21.30 Members Gym Session | | | |
| 18:00 | 14.00 - 22.00 Members Gym Session | | | | | | | |
| 19:00 | | | | | | | | |
| 20:00 | | | | | | | | |
| 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.

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

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|-------------------|---------------|
| Monday - Thursday | 07.00 - 21.30 |
| Friday | 06.30 - 21.00 |
| Saturday & Sunday | 07.00 - 17.30 |

Weights Room

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|-------------------|---------------|
| Monday - Friday | 10.00 - 21.30 |
| Saturday & Sunday | 10.00 - 17.30 |

