

Fitness Timetable

Monday 12th January - Sunday 15th February

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:00								06:00
07:00								07:00
08:00						07.00 - 09.00 Members Gym Session		08:00
09:00			07.00 - 11.00 Members Gym Session				07.00 - 12.00 Members Gym Sesion	09:00
10:00	07.00 - 14.00 Members Gym Session	07.00 - 14.00 Members Gym Session		07.00 - 14.00 Members Gym Session				10:00
11:00					06.30 - 16.30 Members Gym Session	09.00 - 13.30 Half Gym Access		11:00
12:00							12.00 - 13.00 Junior Gym	12:00
13:00			11.00 - 16.30 Half Gym Access			13.30 - 14.00 Members	13.00 - 14.00 Members	13:00
14:00	14.00 - 16.30 Half Gym Access					14.00 - 15.00 Junior Gym	14.00 - 15.00 Junior Gym	14:00
15:00								15:00
16:00						15.00 - 18.00 Members Gym Session	15.00 - 18.00 Members Gym Session	16:00
17:00								17:00
18:00								18:00
19:00								19:00
20:00	18.30 - 22.00 Members Gym Session	18.30 - 22.00 Members Gym Session	18.30 - 22.00 Members Gym Session	18.30 - 22.00 Members Gym Session	18.30 - 21.30 Members Gym Session			20:00
21:00								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.

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

