

# Fitness Timetable

Monday 24th February - Sunday 30th March

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

### 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

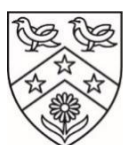
Junior gym is a dedicated session where teens and older children aged between 11-15 can access the gym and get active whilst accompanied by a responsible adult member.

### 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



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