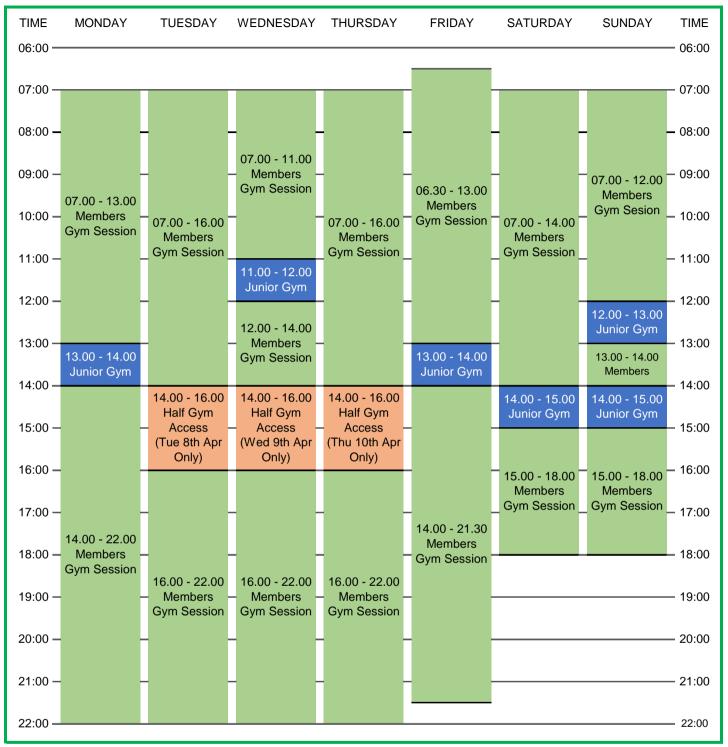
Easter Fitness Timetable

Monday 31st March - Sunday 27th April



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 whist accompanied by a responsible adult member.

Easter Opening Hours	
Good Friday 18th April	07:00 - 18:00
Saturday 19th April	07:00 - 18:00
Sunday 20th April	07:00 - 12:00
Easter Monday 1st April	07:00 - 18:00
Tuesday 2nd April	Normal Hours

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