

Easter Fitness Timetable

Monday 31st March - Sunday 27th April

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:00								06:00
07:00	07.00 - 13.00 Members Gym Session	07.00 - 16.00 Members Gym Session	07.00 - 11.00 Members Gym Session	07.00 - 16.00 Members Gym Session	06.30 - 13.00 Members Gym Session	07.00 - 14.00 Members Gym Session	07.00 - 12.00 Members Gym Sesion	07:00
08:00								
09:00								09:00
10:00								10:00
11:00			11.00 - 12.00 Junior Gym					11:00
12:00							12.00 - 13.00 Junior Gym	12:00
13:00	13.00 - 14.00 Junior Gym		12.00 - 14.00 Members Gym Session		13.00 - 14.00 Junior Gym		13.00 - 14.00 Members	13:00
14:00		14.00 - 16.00 Half Gym Access (Tue 8th Apr Only)	14.00 - 16.00 Half Gym Access (Wed 9th Apr Only)	14.00 - 16.00 Half Gym Access (Thu 10th Apr Only)		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	14.00 - 22.00 Members Gym Session				14.00 - 21.30 Members Gym Session			18:00
19:00		16.00 - 22.00 Members Gym Session	16.00 - 22.00 Members Gym Session	16.00 - 22.00 Members Gym Session				19:00
20:00								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

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

Weights Room

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