

Gym Session Timetable

13th – 25th October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am-8am Gym Session		7am-8am Gym Session		7am-8am Gym Session		
8.15am-9.15am Gym Session	9am-10am Gym Session	8.15am-9.15am Gym Session	9am-10am Gym Session	8.15am-9.15am Gym Session	10am-11am Gym Session	10am-11am Gym Session
9.30am-10.30am Gym Session	10.15am-11.15am Gym Session	9.30am-10.30am Gym Session	10.15am-11.15am Gym Session	9.30am-10.30am Gym Session	Over 55's 11.15am-12.15pm	Over 55's 11.15am-12.15pm
Over 55's 10.45am-11.45am	Over 55's 11.30am-12.30pm	Over 55's 10.45am-11.45am	Over 55's 11.30am-12.30pm	Over 55's 10.45am-11.45am	12.30pm-1.30pm Gym Session	12.30pm-1.30pm Gym Session
12pm-1pm Gym Session	12.45pm-1.45pm Gym Session	12pm-1pm Gym Session	12.45pm-1.45pm Gym Session	12pm-1pm Gym Session	1.45pm-2.45pm Gym Session	1.45pm-2.45pm Gym Session
1.15pm-2.15pm Gym Session	2pm-3pm Gym Session	1.15pm-2.15pm Gym Session	2pm-3pm Gym Session	1.15pm-2.15pm Gym Session	Teen Gym 3pm-4pm	Teen Gym 3pm-4pm
2.30pm-3.30pm Gym Session	3.15pm-4.15pm Gym Session	2.30pm-3.30pm Gym Session	3.15pm-4.15pm Gym Session	2.30pm-3.30pm Gym Session	Gym Session 4.15pm-5pm	Gym Session 4.15pm-5pm
Teen Gym 3.45pm-4.45pm	Teen Gym 4.30pm-5.30pm	Teen Gym 3.45pm-4.45pm	Teen Gym 4.30pm-5.30pm	Teen Gym 3.45pm-4.45pm		
5pm-6pm Gym Session	5.45pm-6.45pm Gym Session	5pm-6pm Gym Session	5.45pm-6.45pm Gym Session	5pm-6pm Gym Session		
6.15pm-7.15pm Gym Session	7pm-8pm Gym Session	6.15pm-7.15pm Gym Session	7pm-8pm Gym Session	6.15pm-7.15pm Gym Session		
7.30pm-8.30pm Gym Session		7.30pm-8.30pm Gym Session		7.30pm-8.30pm Gym Session		

Please note a Covid Declaration form must be booked before each visit to the centre, these are available on our website or at reception.

Booking is advised for all gym sessions, however, walk ins may be accepted if there is availability in the session.