

# Gym Session Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15am-8.15am Gym Session		7.15am-8.15am Gym Session		7.15am-8.15am Gym Session		
8.30am-9.30am Gym Session	9am-10am Gym Session	8.30am-9.30am Gym Session	9am-10am Gym Session	8.30am-9.30am Gym Session	10am-11am Gym Session	10am-11am Gym Session
9.45am-10.45am	10.15am-11.15am Gym Session	9.45am-10.45am	10.15am-11.15am Gym Session	9.45am-10.45am	Over 55's 11.15am-12.15pm	Over 55's 11.15am-12.15pm
Over 55's 11am-12pm	Over 55's 11.30am-12.30pm	Over 55's 11am-12pm	Over 55's 11.30am-12.30pm	Over 55's 11am-12pm	12.30pm-1.30pm Gym Session/Teen Gym	12.30pm-1.30pm Gym Session/Teen Gym
12.15pm-1.15pm Gym Session/Teen Gym	12.45pm-1.45pm Gym Session/Teen Gym	12.15pm-1.15pm Gym Session/Teen Gym	12.45pm-1.45pm Gym Session/Teen Gym	12.15pm-1.15pm Gym Session/Teen Gym	1.45pm-2.45pm Gym Session/Teen Gym	1.45pm-2.45pm Gym Session/Teen Gym
1.30pm-2.30pm Gym Session/Teen Gym	2pm-3pm Gym Session/Teen Gym	1.30pm-2.30pm Gym Session/Teen Gym	2pm-3pm Gym Session/Teen Gym	1.30pm-2.30pm Gym Session/Teen Gym	Gym Session 3pm-4pm	Gym Session 3pm-4pm
2.45pm-3.45pm Gym Session	3.15pm-4.15pm Gym Session	2.45pm-3.45pm Gym Session	3.15pm-4.15pm Gym Session	2.45pm-3.45pm Gym Session	Gym Session 4.15pm-5.15pm	Gym Session 4.15pm-5.15pm
4pm-5pm Gym Session	4.30pm-5.30pm Gym Session	4pm-5pm Gym Session	4.30pm-5.30pm Gym Session	4pm-5pm Gym Session		
5.15pm-6.15pm Gym Session	5.45pm-6.45pm Gym Session	5.15pm-6.15pm Gym Session	5.45pm-6.45pm Gym Session	5.15pm-6.15pm Gym Session		
6.30pm-7.30pm Gym Session	7pm-8pm Gym Session	6.30pm-7.30pm Gym Session	7pm-8pm Gym Session	6.30pm-7.30pm Gym Session		
7.45pm-8.45pm Gym Session		7.45pm-8.45pm Gym Session		7.45pm-8.45pm Gym Session		

Pre Booking is advised, session will run on a first come, first served basis.

A Covid declaration form **must be** completed **before** each visit to the centre. Forms are available on our website, [www.thurleslc.ie](http://www.thurleslc.ie) or at reception.

Teen Gym available to ages 12yrs and up during teen fit session times only.