Fitness Suite Timetable

Monday 23rd July to Sunday 2nd September

Monday

7:00am - 9:00pm	**Gym Open** **
**9:00am-4:00pm	**Bank Holiday Monday 27th August**

Tuesday

7:00am - 9:00pm	**Gym Open**

Wednesday

7:00am - 9:00pm	**Gym Open**

Thursday

7:00am - 9:00pm	**Gym Open**

Friday

7:00am - 8:00pm	**Gym Open**

Saturday

9:00am - 5:00pm	**Gym Open**

Sunday

9:00am - 5:00pm	**Gym Open**

Fitness Class Timetable

Monday 23rd July to Friday 3rd August

Monday

10:00am - 10:45am	**LBT**
6:15pm - 7:00pm	**iCycle** ** **** No iCycle on 30th July**
7:00pm - 8:00pm	**Outside Training**

Tuesday

7:30am - 8:15am	**iCycle**
9:30 am - 10:30am	**Strength & Tone**
10:45am - 11:15am	**Aqua Aerobics**
7:00pm - 8:00pm	**iCycle & Tone** ** ****No iCycle on 31st July**

Wednesday

9:45am - 10:30am	**Shape Up** ** ****No Shape Up 1st August**
6:00pm - 6:45pm	**iCycle** ** ****No iCycle on 1st August**
6:00pm - 6:45pm	**Boxercise**

Thursday

~~7:00pm - 8:00pm~~	~~**iCycle & Tone**~~
~~6:00pm - 6:45pm~~	~~**Core Stability**~~
7:00pm - 7:45pm	**iCycle**

Friday

9:45am - 10:45am	**Outside Training** ** ****No Outside Training on 3rd August**
6:00pm - 7:00pm	**Adult Swim Fit**