

## Fitness Suite - Weeks Beginning 7th and 21st January and 4th February

### Monday

7:30am - 10:45am **Gym Open**

11:30am - 2:15pm **Gym Open**

4:45pm - 9:00pm **Gym Open**

*\*Busy between 5:00pm - 7:00pm\**

### Tuesday

7:30am - 10:45am **Gym Open**

12:45pm - 9:00pm **Gym Open**

*\*Busy between 5:00pm - 7:00pm\**

### Wednesday

7:30am - 10:45am **Gym Open**

11:45am - 1:30pm **Gym Open**

4:45pm - 9:00pm **Gym Open**

*\*Busy between 5:00pm - 7:00pm\**

	Member	Guest
<b>Gym</b>	£4.10	£7.00
<b>Class</b>	£4.10	£7.00
<b>Concession</b>	£3.10	£4.20

### Thursday

7:30am - 11:30am **Gym Open**

12:45pm - 2:00pm **Gym Open**

3:15pm - 9:00pm **Gym Open**

*\*Busy between 5:00pm - 7:00pm\**

### Friday

7:30am - 2:00pm **Gym Open**

3:00pm - 9:00pm **Gym Open**

*\*Busy between 5:00pm - 7:00pm\**

### Saturday

7:30am - 1:30pm **Gym Open**

3:30pm - 5:00pm **Gym Open**

### Sunday

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

## Fitness Suite - Weeks Beginning 14th and 28th January and 11th February

### Monday

7:30am - 2:15pm **Gym Open**

4:45pm - 9:00pm **Gym Open**

*\*Busy between 5:00pm - 7:00pm\**

### Tuesday

7:30am - 8:30am **Gym Open**

10:30am - 2:15pm **Gym Open**

3:15pm - 9:00pm **Gym Open**

*\*Busy between 5:00pm - 7:00pm\**

### Wednesday

7:30am - 9:30am **Gym Open**

10:30am - 1:30pm **Gym Open**

4:45pm - 9:00pm **Gym Open**

*\*Busy between 5:00pm - 7:00pm\**

### Thursday

7:30am - 11:30am **Gym Open**

12:45pm - 9:00pm **Gym Open**

*\*Busy between 5:00pm - 7:00pm\**

### Friday

7:30am - 2:00pm **Gym Open**

3:00pm - 9:00pm **Gym Open**

*\*Busy between 5:00pm - 7:00pm\**

### Saturday

7:30am - 10:00am **Gym Open**

11:00am - 1:30pm **Gym Open**

3:30pm - 5:00pm **Gym Open**

### Sunday

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

