

DAY	GYM	SWIMMING POOL	SQUASH COURTS	STARBUCKS
Saturday	06:30–14:00	06:30–08:00 & 12:45–13:45 ¹	06:40–14:00	08:00–14:00
Sunday	06:30–14:00	06:30–09:00 & 11:45–12:45 ¹	06:40–14:00	08:00–14:00
Monday	06:30–14:00 18:00–22:00	#06:30 –10:00 & 18:00–20:00 Aqua Fit 20:00–21:00	06:40–14:00 18:00–22:00	08:00–14:00 18:00–20:00
Tuesday	06:30–14:00 18:00–22:00	06:30–09:00 & 11:30–14:00 20:00–22:00	06:40–14:00 18:00–22:00	08:00–14:00 18:00–20:00
Wednesday	06:30–14:00 18:00–22:00	#06:30 –09:00 & 12:25–13:10 18:00–19:00 & 20:30–22:00	06:40–14:00 18:00–22:00	08:00–14:00 18:00–20:00
Thursday	06:30–14:00 18:00–22:00	06:30–09:00 & 12:30–14:00 20:00–22:00	06:40–14:00 18:00–22:00	08:00–14:00 18:00–20:00
Friday	06:30–14:00 18:00–22:00	08:00–09:00 & 13:00–13:45 20:30–22:00	06:40–14:00 18:00–22:00	08:00–14:00 18:00–20:00
SWIMMING POOL GYM				
Monday 9th January 06:30–10:30 Wednesday 11th January NO 18:00–19:00 swim session Friday 27th January 06:30–22:00 Friday 10th February 06:30–22:00				

PLEASE DO NOT ENTER THE CHANGING ROOMS BEFORE THE STATED FACILITY START TIME AND PLEASE CLEAR THEN WITHIN TEN MINUTES OF THE STATED FACILITY CLOSING TIME

¹ **Family Swim Session**

Mondays and Wednesdays between 6.30am & 7.45am there will be four lanes available for Health Club Members