

	Monday 18/02/19	Tuesday 19/02/19	Wednesday 20/02/19	Thursday 21/02/19	Friday 22/02/19	Saturday 23/02/19	Sunday 24/02/19
Gym	06:30-22:00	06:30-22:00	06:30-22:00	06:30-22:00	06:30-22:00	06:30-14:00	06:30-14:00
Swim	06:30-11:00 Family Swim 11:15-12:15 12:30-14:00 18:00-20:00	06:30-11:00 Family Swim 11:15-12:15 12:30-14:00 20:00-22:00	06:30-11:00 Family Swim 11:15-12:15 12:30-14:00 18:00-22:00	06:30-11:00 Family Swim 11:15-12:15 12:30-14:00 20:00-22:00	06:30-11:00 Family Swim 11:15-12:15 12:30-14:00 20:30-22:00	06:30-08:00 Family Swim 12:45-13:45	06:30-09:00 Family Swim 11:45-12:45
Squash	06:40-22:00	06:40-22:00	06:40-22:00	06:40-22:00	06:40-22:00	06:40-14:00	06:40-14:00
Coffee Shop	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-20:00	08:00-14:00	08:00-14:00

	Monday 25/02/19	Tuesday 26/02/19	Wednesday 27/02/19	Thursday 28/02/19	Friday 01/03/19	Saturday 02/03/19	Sunday 03/03/19
Gym	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-14:00	06:30-14:00
Swim	06:30-10:00 11:00-12:00 12:00-12:30* 18:00-20:00	06:30-09:15 11:00-14:00 20:00-22:00	06:30-11:00 12:30-14:00	06:30-09:00 11:00-14:00 20:00-22:00	08:00-09:15 11:00-12:30* 12:30-14:00 20:30-22:00	06:30-08:00 Family Swim 12:45-13:45	06:30-09:00 Family Swim 11:45-12:45
Squash	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-14:00	06:40-14:00
Coffee Shop	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00	08:00-14:00

	Monday 04/03/19	Tuesday 05/03/19	Wednesday 06/03/19	Thursday 07/03/19	Friday 08/03/19	Saturday 09/03/19	Sunday 10/03/19
Gym	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-14:00	**06:30-14:00
Swim	06:30-10:00 11:00-12:00 12:00-12:30* 18:00-20:00	06:30-09:15 11:00-14:00 20:00-22:00	06:30-11:00 12:30-14:00	06:30-09:00 11:00-14:00 20:00-22:00	08:00-09:15 11:00-12:30* 12:30-13:45 20:30-22:00	06:30-09:00 Family Swim 12:45-13:45	**06:30-10:00
Squash	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-14:00	**06:40-10:00
Coffee Shop	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00	**08:00-14:00

	Monday 11/03/19	Tuesday 12/03/19	Wednesday 13/03/19	Thursday 14/03/19	Friday 15/03/19	Saturday 16/03/19	Sunday 17/03/19
Gym	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-22:00	06:30-14:00	06:30-14:00
Swim	06:30-10:00 11:00-12:00 12:00-12:30* 18:00-20:00	06:30-09:15 11:00-14:00 20:00-22:00	06:30-11:00 12:30-14:00	06:30-09:00 11:00-14:00 20:00-22:00	08:00-09:15 11:00-12:30* 12:30-13:45 20:30-22:00	06:30-08:00 Family Swim 12:45-13:45	06:30-09:00 Family Swim 11:45-12:45
Squash	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-22:00	06:40-14:00	06:40-14:00
Coffee Shop	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00	08:00-14:00

* THREE SWIMMING LANES AVAILABLE

**VERY LIMITED CAR PARKING AVAILABLE ON SUNDAY 10TH MARCH

PLEASE DO NOT ENTER THE CHANGING ROOMS BEFORE THE STATED FACILITY START TIME
AND PLEASE VACATE WITHIN 10 MINUTES OF THE STATED FACILITY CLOSING TIME