

	Monday 18/03/19	Tuesday 19/03/19	Wednesday 20/03/19	Thursday 21/03/19	Friday 22/03/19	Saturday 23/03/19	Sunday 24/03/19
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	06:30-08:00 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 25/03/19	Tuesday 26/03/19	Wednesday 27/03/19	Thursday 28/03/19	Friday 29/03/19	Saturday 30/03/19	Sunday 31/03/19
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* 12:30-14:00 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	06:40-22:00	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 01/04/19	Tuesday 02/04/19	Wednesday 03/04/19	Thursday 04/04/19	Friday 05/04/19	Saturday 06/04/19	Sunday 07/04/19
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	06:30-13:15 12:00-12:30* 18:00-20:00	06:30-14:00 20:00-22:00	06:30-14:00 19:00-22:00	06:30-09:00 11:00-14:00 20:00-22:00	06:30-10:30 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	06:40-22:00	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	08:00-20:00	08:00-20:00	08:00-20:00	08:00-20:00	08:00-20:00	08:00-14:00	08:00-14:00

	Monday 08/04/19	Tuesday 09/04/19	Wednesday 10/04/19	Thursday 11/04/19	Friday 12/04/19	Saturday 13/04/19	Sunday 14/04/19
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	06:30-14:00 12:00-12:30* 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 19:00-22:00	06:30-11:00 Family Swim 11:15-12:15 12:30-14:00 20:00-22:00	06:30-10:30 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	06:40-22:00	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	08:00-20:00	08:00-20:00	08:00-20:00	08:00-20:00	08:00-20:00	08:00-14:00	08:00-14:00

* THREE SWIMMING LANES AVAILABLE

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