

	Monday 15/04/19	Tuesday 16/04/19	Wednesday 17/04/19	Thursday 18/04/19	Friday 19/04/19	Saturday 20/04/19	Sunday 21/04/19
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	06:30-11:00 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	06:30-11:00 Family Swim 11:15-12:45
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 22/04/19	Tuesday 23/04/19	Wednesday 24/04/19	Thursday 25/04/19	Friday 26/04/19	Saturday 27/04/19	Sunday 28/04/19
Gym	06:30-22:00	06:30-22:00	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	06:30-11:00 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 18:00-19:00	06:30-09:00 Family Swim 11:15-12:15 12:30-14:00 20:00-22:00	08:00-11:00 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	06:40-14:00 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	08:00-20:00	08:00-20:00	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 29/04/19	Tuesday 30/04/19	Wednesday 01/05/19	Thursday 02/05/19	Friday 03/05/19	Saturday 04/05/19	Sunday 05/05/19
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 12:30-14:00 18:00-20:00	06:30-14:00 20:00-22:00	06:30-09:30 12:30-14:00	06:30-09:00 11:00-14:00 20:00-22:00	08:00-10:30 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	06:40-14:00 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 06/05/19	Tuesday 07/05/19	Wednesday 08/05/19	Thursday 09/05/19	Friday 10/05/19	Saturday 11/05/19	Sunday 12/05/19
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	06:30-11:00 Family Swim 11:15-12:15 12:30-14:00 18:00-20:00	06:30-14:00 20:00-22:00	06:30-09:30 12:30-14:00	06:30-14:00 20:00-22:00	08:00-10:30 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	06:40-14:00 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

* 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