

	Monday 10/06/19	Tuesday 11/06/19	Wednesday 12/06/19	Thursday 13/06/19	Friday 14/06/19	Saturday 15/06/19	Sunday 16/06/19
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 18:00-20:00	06:30-14:00 20:00-22:00	06:30-09:45 12:30-14:00	06:30-09:00 12:00-14:00 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 17/06/19	Tuesday 18/06/19	Wednesday 19/06/19	Thursday 20/06/19	Friday 21/06/19	Saturday 22/06/19	Sunday 23/06/19
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 18:00-20:00	06:30-14:00 20:00-22:00	06:30-09:45 12:30-14:00	06:30-09:00 12:00-14:00 20:00-22:00	08:00-10:30 11:00-12:30* 12:30-13:45 18:00-22:00	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 24/06/19	Tuesday 25/06/19	Wednesday 26/06/19	Thursday 27/06/19	Friday 28/06/19	Saturday 29/06/19	Sunday 30/06/19
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	06:30-20:00	06:30-14:00	06:30-14:00
Swim	06:30-10:00 18:00-20:00	06:30-14:00 20:00-22:00	06:30-10:30 12:30-14:00 19:00-22:00	06:30-09:00 12:00-14:00 20:00-22:00	06:30-10:30 11:00-12:30* 12:30-13:45	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	06:40-20:00	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	08:00-14:00	08:00-14:00

	Monday 01/07/19	Tuesday 02/07/19	Wednesday 03/07/19	Thursday 04/07/19	Friday 05/07/19	Saturday 06/07/19	Sunday 07/07/19
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	06:30-10:00 18:00-20:00	06:30-14:00 20:00-22:00	06:30-09:45 12:30-14:00 19:00-22:00	06:30-09:00 12:00-14:00 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

* 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