

Gym & Classes Timetable

	06.30 – 13.00		13.00-14.00	18.30 - 19.30	19.30 - 21.00
Monday			Junior Gym	Circuit Class	
	06.30 - 11.30	11.30 - 12.45	13.00-14.00	18.30 - 19.30	19.30 - 21.00
Tuesday		Yoga	Junior Gym	Body Core & Conditioning	
	06.30 – 13.00		13.00-14.00	18.30 - 19.30	19.30 - 21.00
Wednesday			Junior Gym	Body Balance	
	06.30 – 13.00		13.00-14.00	18.30 - 19.30	19.30 - 21.00
Thursday			Junior Gym	Yoga	
	10.15 – 11.00	11.15 – 12.00	13.00-14.00		
Friday	Pilates Beginner	Pilates Improvers	Junior Gym		
	08.00 - 20.00				
Saturday					
	08.00 - 20.00				
Sunday					

	Members' Gym Time	Access to General Members (over 16's only)
	Exiting the Building	All Members are requested to have left the building by 21.15 (Mon-Fri) and 20.15 (Sat-Sun)
	Classes	Gym used Exclusively for classes. No access for gym

Junior Gym will be taking place during the following weeks.

Weeks beginning – 17th July, 31st July & 14th August

Should you wish to book a space on this please speak to a member of staff.

