

Gym Session Timetable

July 2021

*Monday	6:30am ▶ 7:30am	7:30am ▶ 10:30am	10:45am ▶ 12:30pm	12:45pm ▶ 4:30pm	2pm ▶ 4pm	4:45pm ▶ 10pm
	Members Only	Open Gym	Open Gym	Open Gym	Teen Gym	Open Gym
Tuesday	6:30am ▶ 7:30am	7:30am ▶ 10:30am	10:45am ▶ 12:30pm	12:45pm ▶ 4:30pm	2pm ▶ 4pm	4:45pm ▶ 10pm
	Members Only	Open Gym	Open Gym	Open Gym	Teen Gym	Open Gym
Wednesday	6:30am ▶ 7:30am	7:30am ▶ 10:30am	10:45am ▶ 12:30pm	12:45pm ▶ 4:30pm	2pm ▶ 4pm	4:45pm ▶ 10pm
	Members Only	Open Gym	Open Gym	Open Gym	Teen Gym	Open Gym
Thursday	6:30am ▶ 7:30am	7:30am ▶ 10:30am	10:45am ▶ 12:30pm	12:45pm ▶ 4:30pm	2pm ▶ 4pm	4:45pm ▶ 10pm
	Members Only	Open Gym	Open Gym	Open Gym	Teen Gym	Open Gym
Friday	6:30am ▶ 7:30am	7:30am ▶ 10:30am	10:45am ▶ 12:30pm	12:45pm ▶ 4:30pm	2pm ▶ 4pm	4:45pm ▶ 9pm
	Members Only	Open Gym	Open Gym	Open Gym	Teen Gym	Open Gym
Saturday	7am ▶ 9am	9am ▶ 1:45pm		2pm ▶ 4pm	2pm ▶ 6pm	
	Members Only	Open Gym		Teen Gym	Open Gym	
Sunday	8am ▶ 10am	10am ▶ 1:45pm		2pm ▶ 4pm	2pm ▶ 6pm	
	Members Only	Open Gym		Teen Gym	Open Gym	



* On Bank Holiday Mondays, Gym Sessions are as per our Sunday Session Times