

Gym Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gym Session 7am — 8:30 90 mins.	Gym Session 7am — 8:30 90 mins.	Gym Session 7am — 8:30 90 mins.	Gym Session 7am — 8:30 90 mins.	Gym Session 7am — 8:30 90 mins.		
Gym Session 9am — 10:30 90 mins.	Gym Session 9am — 10:30 90 mins.	Gym Session 9am — 10:30 90 mins.	Gym Session 9am — 10:30 90 mins.	Gym Session 9am — 10:30 90 mins.	Gym Session 9am — 10:30 90 mins.	Gym Session 9am — 10:30 90 mins.
Gym Session 11am — 12:30 90 mins.	Gym Session 11am — 12:30	Gym Session 11am — 12:30	Gym Session 11am — 12:30	Gym Session 11am — 12:30	Gym Session 11am — 12:30	Gym Session 11am — 12:30
Gym Session 1pm — 2:15 75 mins.	Gym Session 1pm — 2:15 75 mins.	Gym Session 1pm — 2:15 75 mins.	Gym Session 1pm — 2:15 75 mins.	Gym Session 1pm — 2:15 75 mins.	Gym Session 1pm — 2:30 90 mins.	Gym Session 1pm — 2:30 90 mins.
Gym Session 3pm — 4:30 90 mins.	Gym Session 3pm — 4:30 90 mins.	Gym Session 3pm — 4:30 90 mins.	Gym Session 3pm — 4:30 90 mins.	Gym Session 3pm — 4:30 90 mins.	Gym Session 3pm — 4:30 90 mins.	
Gym Session 5pm — 6:30 90 mins.	Gym Session 5pm — 6:30 90 mins.	Gym Session 5pm — 6:30 90 mins.	Gym Session 5pm — 6:30 90 mins.	Gym Session 5pm — 6:30 90 mins.		
Gym Session 7pm — 8:30 90 mins.	Gym Session 7pm — 8:30 90 mins.	Gym Session 7pm — 7:45 45 mins.	Gym Session 7pm — 8:30 90 mins.	Gym Session 7pm — 8:30 90 mins.		
Gym Session 9pm — 9:45 45 mins.	Gym Session 7pm — 7:45 45 mins.		Gym Session 7pm — 7:45 45 mins.			

Customers, please note the following:

- Facemasks are mandatory in the building until you reach the area you are using.
- The majority of our gym slots are 90 minutes. However, there is an exception to some slots. The time for each slot is given above.
- Gym users must wipe down their machines and equipment after use.
- Changing facilities are not open — come ready to train and leave as you are.
- Lockers are unavailable.

