



Public Fitness Timetable

Sunday 6th December - Sunday 20th December

Sessions are 45 minutes, starting every 15 minutes

Day	Morning	Lunch Time	Evening
Monday	7.00-12.30		17.30-21.00
Tuesday	07.00-8.00 10.30-12.30		19.00-21.00
Wednesday	8.00-10.00	12.00-13.30	17.30-20.00
Thursday	7.00-9.45	12.00-13.45	18.45-19.45
Friday	8.00-8.45 10.45-12.15	12.15-13.45	17.30-20.00
Saturday	8.00-12.00	12.00-12.45	
Sunday	10.30-12.00	12.00-13.30	17.00-20.00

All fitness sessions require pre-booking. A fitness induction must be undertaken prior to gaining access to the Fitness suite.
