



Public Fitness Timetable

Tuesday 5th January - Wednesday 31st March

Sessions are 45 minutes, starting every 15 minutes

Day	Morning	Lunch Time	Evening
Monday	7.00-12.30		17.15-20.30
Tuesday	7.00-08.00 10.15 - 12.30		19.00-20.30
Wednesday	8.00-10.00	11.45-13.30	17.45-20.30
Thursday	7.00-9.45	12.00-13.45	18.30-20.30
Friday	8.00-8.45 10.45 - 11.30	11.30-13.45	18.30-21.00
Saturday	8.00-12.00	12.00-12.45	
Sunday	8.00-11.00	13.00-15.15	17.30-19.30

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