

functional fitness Room

Timetable

Monday

8.15am - 10.15am	Open Session
10.30am - 11.30am	Closed for Spin class
11.30am - 5.30pm	Open Session
5.30pm - 7.30pm	Closed for Spin class
7.30pm - 10.30pm	Open Session

Tuesday

8.15am - 7.00pm	Open Session
7.00pm - 8.00pm	Closed for Spin class
8.00pm - 10.30pm	Open Session

Wednesday

8.15am - 5.15pm	Open Session
5.15 - 6.15pm	Closed for Spin class
6.15pm - 10.30pm	Open Session

Thursday

8.15am - 10.30pm	Open Session
------------------	--------------

Friday

8.15am - 10.30pm	Open Session
------------------	--------------

Saturday

8.15am - 10.15am	Open Session
10.15am - 11.15am	Closed for Spin class
11.15am - 10.30pm	Open Session

Sunday

8.15am - 10.30pm	Open Session
------------------	--------------

**Please remember to
swipe in at main
reception before using
the functional fitness
weights room.**

**If you are unsure how
to use any of the
equipment seek the
advice of an instructor
immediately.**