

# FITNESS SUITE - DUAL USAGE FACILITY

# APRIL

# 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Junior Gym 3- 4pm	2 CVC PE Class 1.10 – 2.50pm	3	4 GP Referral 11am - 12pm Junior Gym 3- 4pm	5	6
7 GP Referral 11am - 12pm	8	9	10	11 GP Referral 11am - 12pm	12	13
14 GP Referral 11am - 12pm	15	16	17	18 CSA CLOSED	19	20
21 CSA CLOSED	22	23 CVC PE Class 1.10 – 2.50pm	24	25 GP Referral 11am - 12pm Junior Gym 3- 4pm	26	27
28 GP Referral 11am - 12pm	29 Junior Gym 3- 4pm	30 CVC PE Class 1.10 – 2.50pm				

**FREE WEIGHTS ROOM IS  
CLOSED MONDAY –  
FRIDAY BETWEEN 8.30AM –  
3.05PM DURING TERM TIME**

### DUAL USE AVAILABLE

The times highlighted blue indicates when the Fitness suite is hosting a class. At the stated times, members can use the Fitness suite but will be sharing the equipment with this class. Junior Gym has less than 6 students attending.

### STICTLY RESTRICTED USE

The times highlighted in red indicates when the fitness suite is being used by a class of 15 or more. Members cannot access the fitness suite.



**VERY SORRY FOR ANY INCONVENIENCE CAUSED**