

FITNESS SUITE - DUAL USAGE FACILITY

MARCH

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 GP Referral 11am - 12pm Junior Gym 3- 4pm	2	3
4 GP Referral 11am - 12pm	5 Junior Gym 3- 4pm	6 CVC PE Class 1.10 – 2.50pm	7	8 GP Referral 11am - 12pm Junior Gym 3- 4pm	9	10
11 GP Referral 11am - 12pm	12 Junior Gym 3- 4pm	13 CVC PE Class 1.10 – 2.50pm	14	15 GP Referral 11am - 12pm Junior Gym 3- 4pm	16	17
18 GP Referral 11am - 12pm +	19 Junior Gym 3- 4pm	20 CVC PE Class 1.10 – 2.50pm	21	22 GP Referral 11am - 12pm Junior Gym 3- 4pm	23	24
25 GP Referral 11am - 12pm	26 Junior Gym 3- 4pm	27 CVC PE Class 1.10 – 2.50pm	28	29 CSA CLOSED	30	31

**OUR FREE WEIGHTS ROOM
IS ALWAYS AVAILABLE
WHY NOT GIVE IT A TRY!**

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.

STRICTLY 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 but the free weights room is available



VERY SORRY FOR ANY INCONVENIENCE CAUSED