

FITNESS SUITE - DUAL USAGE FACILITY

NOVEMBER

2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8 GP Referral 11am - 12pm	9 CVC PE Lesson 9 – 10.10am	10 CVC PE Lesson 1.10 – 2.50pm	11	12 GP Referral 11am - 12pm	13	14
15 GP Referral 11am - 12pm	16 CVC PE Lesson 9 – 10.10am	17 CVC PE Lesson 1.10 – 2.50pm	18	19 GP Referral 11am - 12pm	20	21
22 GP Referral 11am - 12pm	23 CVC PE Lesson 9 – 10.10am	24 CVC PE Lesson 1.10 – 2.50pm	25	26 GP Referral 11am – 12pm	27	28
29 GP Referral 11am - 12pm	30 CVC PE Lesson 9 – 10.10am					

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

DUAL USE AVAILABLE

The times highlighted green 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.

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 room. The Free Weights room is available to use.



VERY SORRY FOR ANY INCONVENIENCE CAUSED