

FITNESS SUITE - DUAL USAGE FACILITY

JUNE

2023

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

**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.

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 expect Wednesday's 1.10 – 2.50pm



VERY SORRY FOR ANY INCONVENIENCE CAUSED