

# FITNESS SUITE - DUAL USAGE FACILITY

# MARCH

# 2020



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 <b>GP Referral Class</b> 09.30 – 11.30 <b>PE Class</b> 1.10 – 2.50pm	3 <b>Keep Fit (Commed)</b> 1.00– 2.00pm <b>Junior Gym</b> 3.00 – 4.00pm	4 <b>PE Class</b> 1.10 – 2.50pm	5 <b>GP Referral Class</b> 09.30 – 11.30 <b>Junior Gym</b> 3.00 – 4.00pm	6 <b>PE Class</b> 1.10 – 2.50pm	7	8
9 <b>GP Referral Class</b> 09.30 – 11.30 <b>PE Class</b> 1.10 – 2.50pm	10 <b>Keep Fit (Commed)</b> 1.00– 2.00pm <b>Junior Gym</b> 3.00 – 4.00pm	11 <b>PE Class</b> 1.10 – 2.50pm	12 <b>GP Referral Class</b> 09.30 – 11.30 <b>Junior Gym</b> 3.00 – 4.00pm	13 <b>PE Class</b> 1.10 – 2.50pm <b>Junior Gym</b> 3.00 – 4.00pm	14	15
16 <b>GP Referral Class</b> 09.30 – 11.30 <b>PE Class</b> 1.10 – 2.50pm	17 <b>Keep Fit (Commed)</b> 1.00– 2.00pm <b>Junior Gym</b> 3.00 – 4.00pm	18 <b>PE Class</b> 1.10 – 2.50pm	19 <b>GP Referral Class</b> 09.30 – 11.30 <b>Junior Gym</b> 3.00 – 4.00pm	20 <b>PE Class</b> 1.10 – 2.50pm <b>Junior Gym</b> 3.00 – 4.00pm	21	22
23 <b>GP Referral Class</b> 09.30 – 11.30 <b>PE Class</b> 1.10 – 2.50pm	24 <b>Keep Fit (Commed)</b> 1.00– 2.00pm <b>Junior Gym</b> 3.00 – 4.00pm	25 <b>PE Class</b> 1.10 – 2.50pm	26 <b>GP Referral Class</b> 09.30 – 11.30 <b>Junior Gym</b> 3.00 – 4.00pm	27 <b>PE Class</b> 1.10 – 2.50pm <b>Junior Gym</b> 3.00 – 4.00pm	28	29
30 <b>GP Referral Class</b> 09.30 – 11.30 <b>PE Class</b> 1.10 – 2.50pm	31 <b>Keep Fit (Commed)</b> 1.00– 2.00pm					

**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.

### 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 room. The Free Weights room is available to use.



**VERY SORRY FOR ANY INCONVENIENCE CAUSED**