

FITNESS SUITE - DUAL USAGE FACILITY

FEBRUARY

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 GP Referral 11am - 12pm Junior Gym 3- 4pm	3	4
5 GP Referral 11am - 12pm	6	7 CVC PE Class 8.50- 10.30am (12 students)	8	9 GP Referral 11am - 12pm Junior Gym 3- 4pm	10	11
12 GP Referral 11am - 12pm	13	14	15	16 GP Referral 11am - 12pm Junior Gym 3- 4pm	17	18
19 GP Referral 11am - 12pm +	20	21	22	23 GP Referral 11am - 12pm	24	25
26 GP Referral 11am - 12pm	27	28 CVC PE Class 1.10 – 2.50pm				

**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