

# FITNESS SUITE - DUAL USAGE FACILITY

# JANUARY

# 2026

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

**FREE WEIGHTS ROOM IS  
CLOSED MONDAY –  
FRIDAY BETWEEN 8.30AM –  
3.05PM DURING TERM TIME**

### 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. Junior Gym has less than 6 students attending.

### 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 fitness suite.



**VERY SORRY FOR ANY INCONVENIENCE CAUSED**