

# FITNESS SUITE - DUAL USAGE FACILITY

# MARCH

# 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 <b>GP Referral</b> 11am - 12pm	4 <b>CVC PE Class</b> 11.40am – 12.25pm <b>Junior Gym</b> 3- 4pm	5 <b>CVC PE Class</b> 1.10 – 2.50pm	6	7 <b>GP Referral</b> 11am - 12pm <b>Junior Gym</b> 3- 4pm	8	9
10 <b>GP Referral</b> 11am - 12pm	11 <b>CVC PE Class</b> 11.40am – 12.25pm <b>Junior Gym</b> 3- 4pm	12 <b>CVC PE Class</b> 1.10 – 2.50pm	13	14 <b>GP Referral</b> 11am - 12pm <b>Junior Gym</b> 3- 4pm	15	16
17 <b>GP Referral</b> 11am - 12pm	18 <b>CVC PE Class</b> 11.40am – 12.25pm <b>Junior Gym</b> 3- 4pm	19 <b>CVC PE Class</b> 1.10 – 2.50pm	20	21 <b>GP Referral</b> 11am - 12pm <b>Junior Gym</b> 3- 4pm	22	23
24 <b>GP Referral</b> 11am - 12pm 31 <b>GP Referral</b> 11am - 12pm	25 <b>CVC PE Class</b> 11.40am – 12.25pm <b>Junior Gym</b> 3- 4pm	26 <b>CVC PE Class</b> 1.10 – 2.50pm	27	28 <b>GP Referral</b> 11am - 12pm <b>Junior Gym</b> 3- 4pm		

**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**