

FITNESS SUITE - DUAL USAGE FACILITY

MAY

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 CVC PE Class 1.10 – 2.50pm	2	3 GP Referral 11am - 12pm Junior Gym 3- 4pm	4	5
6 CSA CLOSED	7	8 CVC PE Class 1.10 – 2.50pm	9	10 GP Referral 11am - 12pm Junior Gym 3- 4pm	11	12
13 GP Referral 11am - 12pm	14	15 CVC PE Class 1.10 – 2.50pm	16	17 GP Referral 11am - 12pm Junior Gym 3- 4pm	18	19
20 GP Referral 11am - 12pm +	21	22 CVC PE Class 1.10 – 2.50pm	23	24 GP Referral 11am - 12pm Junior Gym 3- 4pm	25	26
27 CSA CLOSED	28	29 CVC PE Class 1.10 – 2.50pm	30	31 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.

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