

# FITNESS SUITE - DUAL USAGE FACILITY

# MAY

# 2023

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

### 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 room. The Free Weights room is available to use expect Wednesday's 1.10 – 2.50pm



**VERY SORRY FOR ANY INCONVENIENCE CAUSED**