

# FITNESS SUITE - DUAL USAGE FACILITY

# NOVEMBER

# 2023

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

**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. The cabin class has less than 4 attending and Junior Gym has less than 5 attending.

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



**VERY SORRY FOR ANY INCONVENIENCE CAUSED**