

FITNESS SUITE - DUAL USAGE FACILITY

NOVEMBER

2024

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

**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 of 5 or less students. 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 fitness suite or the free weights room during these times



VERY SORRY FOR ANY INCONVENIENCE CAUSED