

FITNESS SUITE - DUAL USAGE FACILITY

OCTOBER

2023

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

The times highlighted in red indicates when the fitness suite is being used by a class of 10 or more. Members cannot access the room. The Free Weights room is available to use expect on Wednesday's 1.10 – 2.50pm.

VERY SORRY FOR ANY INCONVENIENCE CAUSED