

FITNESS SUITE - DUAL USAGE FACILITY

OCTOBER

2024

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

**FREE WEIGHTS ROOM IS
CLOSED MONDAY –
FRIDAY BETWEEN 8.30AM –
3.05PM**

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