

FITNESS SUITE - DUAL USAGE FACILITY

SEPTEMBER

2023

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

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