

FITNESS SUITE - DUAL USAGE FACILITY

SEPTEMBER

2024

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

**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 fitness suite but the free weights room is available



VERY SORRY FOR ANY INCONVENIENCE CAUSED