

Gym & Swimming Pool Timetable

Monday - Friday	
Gym	Swimming Pool
6.15am - 7.15am	6.15am - 7.15am
7.30am - 8.30am	7.30am - 8.30am
8.45am - 9.45am	8.45am - 9.45am
10.00am - 11.00am	12.00pm - 12.45pm
11.15am - 12.15pm	1.00pm - 1.45pm
12.30pm - 1.30pm	6.00pm - 6.45pm
1.45pm - 2.45pm	7.00pm - 7.45pm
3.00pm - 4.00pm	
4.15pm - 5.15pm	
5.30pm - 6.30pm	
6.45pm - 7.45pm	
Saturday & Sunday	
Gym	Swimming Pool
8.00am - 9.00am	8.00am - 9.00am
9.15am - 10.15am	9.15am - 10.15am
10.30am - 11.30am	10.30am - 11.15am
11.45am - 12.45pm	11.45am - 12.30pm
1.00pm - 2.00pm	1.00pm - 1.45pm

Please be aware that gym bookings may be unavailable due to course bookings.

Centre Opening Times	
Monday	6.15am - 8.00pm
Tuesday	6.15am - 8.00pm
Wednesday	6.15am - 8.00pm
Thursday	6.15am - 8.00pm
Friday	6.15am - 8.00pm
Saturday	8.00am - 2.00pm
Sunday	8.00am - 2.00pm