

Gym Opening Hours

Friday 22nd December 2017 - Tuesday 2nd January 2018

| Date | Morning | Afternoon | Evening |
|--|--|---------------|---------|
| <u>December 2017</u> Friday 22 | 6am - 12 noon Circuit classes 9am, 10am & 11am | CLOSED | |
| Saturday 23 | 7.30am - 1.30pm Circuit class 9.30am. Be Stronger 12.30pm | CLOSED | |
| Sunday 24 | 8am - 12noon Cardio-Core-Strength class 9.30am | CLOSED | |
| Monday 25 | Christmas Day - CLOSED | | |
| Tuesday 26 | Boxing Day - CLOSED | | |
| Wednesday 27 | 6am - 12 noon Circuit classes 9am, 10am & 11am | CLOSED | |
| Thursday 28 | 6am - 12 noon Circuit classes 7am & 9am. Ball class 11am | CLOSED | |
| Friday 29 | 6am - 12 noon Circuit classes 9am, 10am & 11am | CLOSED | |
| Saturday 30 | 7.30am - 1.30pm Circuit class 9.30am. Be Stronger 12.30pm | CLOSED | |
| Sunday 31 | 8am - 12noon Cardio-Core-Strength class 9.30am | CLOSED | |
| <u>January 2018</u> Monday 1 | New Years Day - CLOSED | | |
| Tuesday 2 | NORMAL GYM HOURS RESUME | | |
| <p>* <u>'Be Stronger'</u> members can attend any of these morning classes</p> <p>* <u>'Off-Peak'</u> gym members can attend the gym during these times</p> | | | |