

## Monday

9.00am - 12.00pm	Primetime & Exercise Referral
2.00pm - 9.00pm	Ladies Only***

## Tuesday

9.00am - 2.00pm	Exercise Referral
5.00pm - 6.00pm	Youth Gym (Induction)*
6.00pm - 7.00pm	Youth Gym*

## Wednesday

9.00am - 9.00pm	Ladies Only***
3.00pm - 4.00pm	Private Hire

## Thursday

9.00am - 2.00pm	Exercise Referral
5.00pm - 6.00pm	Youth Gym*

## Friday

9.00am - 3.30pm	Ladies Only***
4.00pm - 5.00pm	Youth Gym*
5.00pm - 6.00pm	Youth Gym*
6.30pm - 8.30pm	Friday Night Fusion**

## Saturday

10.30am - 11.30am	Youth Gym*
11.30am - 2.30pm	Ladies Only***

## Sunday

9.00am - 3.00pm	Ladies Only***
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\* Must be booked up to 7 days in advance at reception  
 \*\* Must be booked via Youth Services  
 \*\*\* Sessions may be unsupervised