

Opening Times

Gym Opening Times

Monday - Friday	6.30am - 9.30pm
Saturday	7.00am - 4.30pm
Sunday	8.00am - 4.30pm
Bank Holidays	9.00am - 4.30pm

Junior Gym Times

Term Time

Holidays

Monday	3.30pm - 5.30pm	9.00am - 12.00pm & 3.30pm - 5.30pm
Tuesday	3.30pm - 5.30pm	9.00am - 12.00pm & 3.30pm - 5.30pm
Wednesday	3.30pm - 7.00pm	9.00am - 12.00pm & 3.30pm - 7.00pm
Thursday	3.30pm - 5.30pm	9.00am - 12.00pm & 3.30pm - 5.30pm
Friday	3.30pm - 7.00pm	9.00am - 12.00pm & 3.30pm - 7.00pm
Saturday	11.00am - 4.00pm	11.00am - 4.00pm
Sunday	11.00am - 4.00pm	11.00am - 4.00pm

Exercise on Referral Supervised Sessions

Monday	10.00am - 12.00pm
Thursday	11.00am - 1.00pm