

SESSION TIMES

4TH JANUARY – 26TH MARCH 2021



GYM

Monday: 6:30 - 7:30 | 7:30 - 8:30 | 8:30 - 9:30 | 10:00 - 11:00 | 11:00 - 12:00 | 18:15 - 19:30 | 20:00 - 21:00

Tuesday: 6:30 - 7:30 | 7:30 - 8:30 | 8:30 - 9:30 | 10:00 - 11:00 | 11:00 - 12:00 | 18:15 - 19:30 | 20:00 - 21:00

Wednesday: 6:30 - 7:30 | 7:30 - 8:30 | 8:30 - 9:30 | 10:00 - 11:00 | 11:00 - 12:00 | 18:15 - 19:30 | 20:00 - 21:00

Thursday: 6:30 - 7:30 | 7:30 - 8:30 | 8:30 - 9:30 | 10:00 - 11:00 | 11:00 - 12:00 | 18:15 - 19:30 | 20:00 - 21:00

Friday: 6:30 - 7:30 | 7:30 - 8:30 | 8:30 - 9:30 | 10:00 - 11:00 | 11:00 - 12:00 | 18:15 - 19:30 | 20:00 - 21:00

Saturday: 8:00 – 9:00 | 9:00 – 10:00 | 10:00 – 11:00 | 11:30 – 12:30 | 12:30 – 13:30

Sunday: 9:00 – 10:00 | 10:00 – 11:00 | 11:00 – 12:00 | 12:30 – 13:30 | 13:30 – 14:30

POOL

Monday: 7:30 - 8:30 | 8:45 - 9:45 | 10:00 - 11:00 | 11:15 - 12:15 | 12:30 - 13:30 | 18:30 - 19:30 | 20:00 - 21:00

Tuesday: 7:30 - 8:30 | 8:45 - 9:45 | 10:00 - 11:00 | 11:15 - 12:15 | 12:30 - 13:30 | 18:30 - 19:30 | 20:00 - 21:00

Wednesday: 7:30 - 8:30 | 8:45 - 9:45 | 10:00 - 11:00 | 11:15 - 12:15 | 12:30 - 13:30 | 18:30 - 19:30 | 20:00 - 21:00

Thursday: 7:30 - 8:30 | 8:45 - 9:45 | 10:00 - 11:00 | 11:15 - 12:15 | 12:30 - 13:30 | 18:30 - 19:30 | 20:00 - 21:00

Friday: 7:30 - 8:30 | 8:45 - 9:45 | 10:00 - 11:00 | 11:15 - 12:15 | 12:30 - 13:30 | 18:30 - 19:30 | 20:00 - 21:00

Saturday: 8:15 - 9:15 | 9:45 - 10:45 | 11:15 - 12:15 | 12:45 - 13:45

Sunday: 9:00 - 10:00 | 10:30 - 11:30 | 12:00 - 13:00 | 13:30 - 14:30