

# FITNESS SUITE - DUAL USAGE FACILITY

# DECEMBER

# 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 <b>GP Referral</b> 11am - 12pm	3 <b>Junior Gym</b> 3 – 4pm	4 <b>CVC PE Lesson</b> 1.10 – 2.50pm	5	6 <b>GP Referral</b> 11am - 12pm <b>Junior Gym</b> 3 – 4pm	7	8
9 <b>GP Referral</b> 11am - 12pm	10 <b>Junior Gym</b> 3 – 4pm	11 <b>CVC PE Lesson</b> 1.10 – 2.50pm	12	13 <b>GP Referral</b> 11am - 12pm <b>Junior Gym</b> 3 – 4pm	14	15
16 <b>GP Referral</b> 11am - 12pm	17 <b>Junior Gym</b> 3 – 4pm	18 <b>CVC PE Lesson</b> 1.10 – 2.50pm	19	20 <b>GP Referral</b> 11am - 12pm <b>Junior Gym</b> 3 – 4pm	21	22
23 <b>GP Referral</b> 11am - 12pm	24 <b>Christmas Eve</b> <b>Opening Hours:</b> <b>9am – 3pm</b>	25 <b>CSA CLOSED</b> <b>MERRY CHRISTMAS!</b>	26 <b>CSA CLOSED</b>	27 Opening hours: 8am – 4pm	28 Opening hours: 8am – 4pm	29 Opening hours: 8am – 4pm
30 Opening hours: 8am – 4pm <b>GP Referral</b> 11am - 12pm	31 Opening hours: 8am – 4pm					

**FREE WEIGHTS ROOM IS  
CLOSED MONDAY –  
FRIDAY BETWEEN 8.30AM –  
3.05PM DURING TERM TIME**

### DUAL USE AVAILABLE

The times highlighted blue indicates when the Fitness suite is hosting a class of 5 or less students. At the stated times, members can use the Fitness suite but will be sharing the equipment with this class.

### STICTLY RESTRICTED USE

The times highlighted in red indicates when the fitness suite is being used by a class of 15 or more. Members cannot access the fitness suite or the free weights room during these times



**VERY SORRY FOR ANY INCONVENIENCE CAUSED**