

FITNESS SUITE - DUAL USAGE FACILITY

JANUARY

2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Happy New Year!	2	3 GP Referral 11am - 12pm	4	5
6 GP Referral 11am - 12pm	7 Junior Gym 3- 4pm	8 CVC PE Class 1.10 – 2.50pm	9	10 GP Referral 11am - 12pm Junior Gym 3- 4pm	11	12
13 GP Referral 11am - 12pm	14 Junior Gym 3- 4pm	15 CVC PE Class 1.10 – 2.50pm	16	17 GP Referral 11am - 12pm Junior Gym 3- 4pm	18	19
20 GP Referral 11am - 12pm +	21 Junior Gym 3- 4pm	22 CVC PE Class 1.10 – 2.50pm	23	24 GP Referral 11am - 12pm Junior Gym 3- 4pm	25	26
27 GP Referral 11am - 12pm	28 Junior Gym 3- 4pm	29 CVC PE Class 1.10 – 2.50pm	30	31 GP Referral 11am - 12pm Junior Gym 3- 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. At the stated times, members can use the Fitness suite but will be sharing the equipment with this class. Junior Gym has less than 6 students attending.

STRICTLY 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.



VERY SORRY FOR ANY INCONVENIENCE CAUSED