

FITNESS SUITE - DUAL USAGE FACILITY

JULY

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 GP Referral 11am - 12pm	2	3	4	5 GP Referral 11am - 12pm Junior Gym 3- 4pm	6	7
8 GP Referral 11am - 12pm	9	10	11	12 GP Referral 11am - 12pm Junior Gym 3- 4pm	13	14
15 GP Referral 11am - 12pm	16	17	18	19 GP Referral 11am - 12pm Junior Gym 3- 4pm	20	21
22 GP Referral 11am - 12pm	23	24	25	26 GP Referral 11am - 12pm	27	28
29 GP Referral 11am - 12pm	30	31				

**OUR FREE WEIGHTS ROOM
IS ALWAYS AVAILABLE
WHY NOT GIVE IT A TRY!**

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.

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 but the free weights room is available



VERY SORRY FOR ANY INCONVENIENCE CAUSED