

	Monday 28/10/19	Tuesday 29/10/19	Wednesday 30/10/19	Thursday 31/10/19	Friday 01/11/19	Saturday 02/11/19	Sunday 03/11/19
Gym	06:30-22:00	06:30-22:00	06:30-22:00	06:30-22:00	06:30-22:00	06:30-14:00	06:30-14:00
Swim	06:30-11:00 Family Swim 11:15-12:15 12:30-14:00 18:00-20:00	06:30-09:30 12:00-13:00 20:00-22:00	06:30-11:00 Family Swim 11:15-12:15 12:30-14:00 18:00-22:00	06:30-11:00 Family Swim 11:15-12:15 12:30-14:00 20:00-22:00	06:30-11:00 Family Swim 11:15-12:15 12:30-14:00 20:30-22:00	06:30-08:00 Family Swim 12:45-13:45	06:30-09:00 Family Swim 11:45-12:45
Squash	06:40-22:00	06:40-22:00	06:40-22:00	06:40-22:00	06:40-22:00	06:40-14:00	06:40-14:00
Coffee Shop	08:00-20:00	08:00-20:00	08:00-20:00	08:00-20:00	08:00-20:00	08:00-14:00	08:00-14:00

	Monday 04/11/19	Tuesday 05/11/19	Wednesday 06/11/19	Thursday 07/11/19	Friday 08/11/19	Saturday 09/11/19	Sunday 10/11/19
Gym	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-14:00	06:30-14:00
Swim	06:30-10:00 11:00-12:00 18:00-20:00	06:30-09:30 11:00-14:00 20:00-22:00	06:30-09:15 12:30-14:00	06:30-09:30 12:30-14:00 20:00-22:00	08:00-09:30 11:00-12:30* 12:30-13:45 20:30-22:00	06:30-08:00 Family Swim 12:45-13:45	06:30-09:00 Family Swim 11:45-12:45
Squash	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-14:00	06:40-14:00
Coffee Shop	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00	08:00-14:00

	Monday 11/11/19	Tuesday 12/11/19	Wednesday 13/11/19	Thursday 14/11/19	Friday 15/11/19	Saturday 16/11/19	Sunday 17/11/19
Gym	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-14:00	06:30-14:00
Swim	06:30-10:00 11:00-12:00 18:00-20:00	06:30-09:30 11:00-14:00 20:00-22:00	06:30-09:15 12:30-14:00	06:30-10:30 12:30-14:00 20:00-22:00	08:00-09:30 11:00-12:30* 12:30-13:45 20:30-22:00	06:30-08:00 Family Swim 12:45-13:45	06:30-09:00 Family Swim 11:45-12:45
Squash	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-14:00	06:40-14:00
Coffee Shop	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00	08:00-14:00

	Monday 18/11/19	Tuesday 19/11/19	Wednesday 20/11/19	Thursday 21/11/19	Friday 22/11/19	Saturday 23/11/19	Sunday 24/11/19
Gym	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-14:00 18:00-22:00	06:30-22:00	06:30-14:00	06:30-14:00
Swim	06:30-10:00 11:00-12:00 18:00-20:00	06:30-09:30 11:00-14:00 20:00-22:00	06:30-09:15 12:30-14:00	06:30-10:30 12:30-14:00 20:00-22:00	08:00-09:30 11:00-12:30* 12:30-13:45 20:30-22:00	06:30-08:00 Family Swim 12:45-13:45	06:30-09:00 Family Swim 11:45-12:45
Squash	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-14:00 18:00-22:00	06:40-22:00	06:40-14:00	06:40-14:00
Coffee Shop	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-14:00 18:00-20:00	08:00-20:00	08:00-14:00	08:00-14:00

* THREE SWIMMING LANES AVAILABLE

PLEASE DO NOT ENTER THE CHANGING ROOMS BEFORE THE STATED FACILITY START TIME
AND PLEASE VACATE WITHIN 10 MINUTES OF THE STATED FACILITY CLOSING TIME