

Health Club Members Facility Timetable

	Monday 02/12/19	Tuesday 03/12/19	Wednesday 04/12/19	Thursday 05/12/19	Friday 06/12/19	Saturday 07/12/19	Sunday 08/12/19
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	06:30-12:00 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 09/12/19	Tuesday 10/12/19	Wednesday 11/12/19	Thursday 12/12/19	Friday 13/12/19	Saturday 14/12/19	Sunday 15/12/19
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	06:30-12:00 18:00-20:00	06:30-09:30 11:00-14:00 20:00-22:00	06:30-09:15	06:30-09:30 12:30-14:00 20:00-22:00	06:30-10:30 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

	Monday 16/12/19	Tuesday 17/12/19	Wednesday 18/12/19	Thursday 19/12/19	Friday 20/12/19	Saturday 21/12/19	Sunday 22/12/19
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	06:30-12:00 12:30-14:00 18:00-20:00	06:30-14:00 20:00-22:00	06:30-14:00 19:00-22:00	06:30-09:30 11:00-14:00 20:00-22:00	06:30-10:30 11:00-12:30* 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 23/12/19	Tuesday 24/12/19	Wednesday 25/12/19	Thursday 26/12/19	Friday 27/12/19	Saturday 28/12/19	Sunday 29/12/19
Gym	06:30-22:00	06:30-12:30	CLOSED	CLOSED	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	06:30-11:00 Family Swim 11:15-12:15	CLOSED	CLOSED	06:30-11:00 Family Swim 11:15-12:15 12:30-14:00 20:30-22:00	06:30-08:00 10:00-12:00 Family Swim 12:45-13:45	06:30-09:00 Family Swim 11:45-12:45
Squash	06:40-22:00	06:40-12:30	CLOSED	CLOSED	06:40-22:00	06:40-14:00	06:40-14:00
Coffee Shop	08:00-20:00	08:00-12:00	CLOSED	CLOSED	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