

	Monday 30/12/19	Tuesday 31/12/19	Wednesday 01/01/20	Thursday 02/01/20	Friday 03/01/20	Saturday 04/01/20	Sunday 05/01/20
Gym	06:30-22:00	06:30-12:30	CLOSED	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 18:00-21:00	06:30-11:00** Family Swim 11:15-12:15	CLOSED	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 20:30-22:00	06:30-11:00 Family Swim 12:45-13:45	06:30-11:00 Family Swim 11:45-12:45
Squash	06:40-22:00	06:40-12:30	CLOSED	06:40-22:00	06:40-22:00	06:40-14:00	06:40-14:00
Coffee Shop	08:00-20:00	08:00-12:00	CLOSED	08:00-20:00	08:00-20:00	08:00-14:00	08:00-14:00

	Monday 06/01/20	Tuesday 07/01/20	Wednesday 08/01/20	Thursday 09/01/20	Friday 10/01/20	Saturday 11/01/20	Sunday 12/01/20
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 12:30-14:00 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	08:00-09:15 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	06:40-14:00 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 13/01/20	Tuesday 14/01/20	Wednesday 15/01/20	Thursday 16/01/20	Friday 17/01/20	Saturday 18/01/20	Sunday 19/01/20
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	06:30-09:15 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	08:00-09:15 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 20/01/20	Tuesday 21/01/20	Wednesday 22/01/20	Thursday 23/01/20	Friday 24/01/20	Saturday 25/01/20	Sunday 26/01/20
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	06:30-09:15 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	08:00-09:15 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	08:00-14:00 18:00-20:00	08:00-14:00	08:00-14:00

* THREE SWIMMING LANES AVAILABLE ** FOUR 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