

# ***TIME SLOTS***

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## Opening Hours

6.30am till 9pm Weekdays

8am till 8pm Weekends

### ***MONDAY TO FRIDAY***

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6.30 till 8am

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8.30 till 10am

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10.30 till 12pm

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12.30 till 2pm

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2.30 till 4pm

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4.30 till 6pm

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6.30 till 9pm

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### ***SATURDAY AND SUNDAY***

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8 till 9.30am

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10 till 11.30am

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12 till 1.30pm

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2 till 3.30pm

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4 till 5.30pm

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6 till 7.30pm

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For the health, safety and peace of mind of our members, there will be 30-minute intervals for a thorough deep clean of gym equipment and the shared workout areas.