

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 am to 7 am	CLOSED	CLOSED	SENIOR COMP	CLOSED	SENIOR COMP	CLOSED	SENIOR COMP
7 am to 8 am	MASTERS	CLUB	SENIOR COMP	CLUB	SENIOR COMP	MASTERS	SENIOR COMP
8 am to 9 am	MASTERS	CLUB	SENIOR COMP	CLUB	SENIOR COMP	MASTERS	SENIOR COMP
9 am to 10 am	MASTERS	MASTERS	OPEN GYM 18+	CLUB	OPEN GYM 18+	OPEN GYM 18+	OPEN GYM 18+
10 am to 11 am	OPEN GYM 18+	MASTERS	OPEN GYM 18+	OPEN GYM 18+	OPEN GYM 18+	OPEN GYM 18+	OPEN GYM 18+
11 am to 12 pm	OPEN GYM 18+	Learn to ERG	Learn to ERG	OPEN GYM 18+	OPEN GYM 18+	OPEN GYM 18+	OPEN GYM 18+
12 pm to 1pm	OPEN GYM 18+	OPEN GYM 18+	OPEN GYM 18+	TBC	TBC	TBC	TBC
1 pm to 2 pm	OPEN GYM 18+	OPEN GYM 18+	OPEN GYM 18+	TBC	TBC	TBC	TBC
2 pm to 3 pm	OPEN GYM 18+	OPEN GYM 18+	OPEN GYM 18+	TBC	TBC	TBC	TBC
3 pm to 4:30 pm	CLOSED	CLOSED	OPEN GYM 18+	TBC	TBC	TBC	TBC
4:30 pm to 5:30 pm	CLOSED	CLOSED	JUNIORS	JUNIORS	JUNIORS	JUNIORS	JUNIORS /Masters
5:30 pm to 6:30 pm	CLOSED	CLOSED	JUNIORS	JUNIORS	JUNIORS	JUNIORS	JUNIORS /Masters
6:30 pm to 7:30 pm	CLOSED	CLOSED	MASTERS	OPEN GYM 18+	CLUB & MASTERS	YOGA	CLOSED
7:30 pm to 8:30pm	CLOSED	CLOSED	MASTERS	OPEN GYM 18+	CLUB & MASTERS	CLOSED	CLOSED