## Gym Timetable

**Opening Hours:**
- **Monday - Friday:** 07:00 - 22:00
- **Weekends:** 08:00 - 20:00

### Monday
- 07:00 - 08:00: Off-Peak Gym
- 08:00 - 20:00: Off-Peak Gym

### Tuesday
- 07:00 - 14.15: Off-Peak Gym
- 14.30 - 15.30: Women Only Gym
- 15.30 - 20:15: Gym Closed for Cleaning*

### Wednesday
- 07:00 - 14.15: Off-Peak Gym
- 14.30 - 15.30: Women Only Gym
- 15.30 - 20:15: Gym Closed for Cleaning*

### Thursday
- 07:00 - 14.15: Off-Peak Gym
- 14.30 - 15.30: Women Only Gym
- 15.30 - 20:15: Gym Closed for Cleaning*

### Friday
- 07.00 - 09.30: Off-Peak Gym
- 10.30 - 11.30: Women Only Gym
- 10.30 - 15.30: Off-Peak Gym
- 10.30 - 15.30: Women Only Gym
- 08.00 - 20:00: Off-Peak Gym

### Saturday
- 08.00 - 20:00: Off-Peak Gym

### Sunday
- 08.00 - 20:00: Off-Peak Gym

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*The gym will be closed during these times for routine cleaning to ensure the continued safety of users and staff.

**These bookable sessions give exclusive use of the gym to members who self-identify as female. Female gym staff will be on duty.