

# Gym timetable.



### Timetable Key:

#### Quiet Gym

This is a reduced capacity session with additional staff support for users who prefer to train in a quieter environment. Open to all users, these sessions are bookable, so to confirm your place, please book via the app or online. Without a booking, no entrance to the gym at this time will be granted.

#### Gym for Women Only

Attendees of this session will have full access to all areas of the gym. This session will be staffed by mixed gender Health & Fitness Advisors. These sessions are bookable, so to confirm your place, please book via the app or online. Without a booking, no entrance to the gym at these times will be granted.

BOOK VIA  
THE  
ACTIVE  
APP



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0700							
0800							
0900	QUIET GYM 0900-1100						
1000					GYM FOR WOMEN ONLY 1030-1130		
1100							
1200							
1300							
1400			GYM FOR WOMEN ONLY 1415-1515				
1500							
1600							
1700							
1800							
1900							
2000			QUIET GYM 2000-2200				
2100							
2200							