

 the pickaquoy centre



strength & conditioning and
functional training area



Strength & Conditioning Opening Times



	Public Opening Times	Club Session	Public Opening Times
Monday	0630-1600	1600-1900	1900-2200
Tuesday	0630-1645	1645-2000	2000-2200
Wednesday	0630-1600	1600-1800	1800-2200
Thursday	0630-1845	1845-1945	1945-2200
Friday	0630-1330	1330-1800	1800-2200
Saturday	0900-2000 (no club sessions)		
Sunday	0900-1130	1130-1230	1230-2000



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