



Strength & Conditioning Opening Times

27 January – 29 March 2020

	Public Opening Times	Club Session	Public Opening Times
Monday	0630-1600	1600-1900	1900-2200
Tuesday	0630-2200		
Wednesday	0630-1600	1600-1800	1800-2200
Thursday	0630-1900	1900-2000	2000-2200
Friday	0630-1600	1600-1800	1800-2200
Saturday	0900-2000		
Sunday	0900-2000		