



## Strength & Conditioning

### Opening Times

**\*UPDATED\***

	Public Opening Times	S&C Closed to Public	Public Opening Times	Women's Only Session	Public Opening Times
<b>Mon</b>	0630-1845	1845-1945	1945-2200		
<b>Tues</b>	0630-1245	1245-1345	1345-1900	1900-2030	2030-2200
<b>Wed</b>	0630-1545		1815-2200		
<b>Thurs</b>	0630-2200				
<b>Fri</b>	0630-1515	1515-1615	1615-2200		
<b>Sat</b>	0845-2000				
<b>Sun</b>	0845-2000				

### Additional dates/times S&C CLOSED to public (sportscotland & workshops)

Date	Day	Time
11/05/22	Wednesday	2000-2130
15/05/22	Sunday	1100-1300
18/05/22	Wednesday	1800-1900
21/05/22	Saturday	1130-1530