

GYM CASUAL USER HOURS 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.00							CLOSED
8.30							
9.00							
9.30							
10.00		Community Session					CLOSED
10.30	Community Session(GP/Mus) Ladies only		Community Session(GP/Mus) Ladies only		Women/girls Session (GP/WT)		
11.00							
11.30							
12.00		Communtiy Session					
12.30							
13.00			Latimer Education				
13.30							
14.00							
14.30							
15.00							
15.30							
16.00							
16.30							
17.00	Women/girls Session (GP/WT)	Family Session	Women/girls Session (GP/WT)				
17.30							
18.00		Community Session(MM/Mus)			Family Session		
18.30							
19.00							
19.30							
20.00						CLOSED	
20.30							
21.00							
21.30	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
22.00							

BEFORE USING THE GYM - ALL CUSTOMERS MUST HAVE COMPLETED AN INDUCTION AND A PARQ FORM!

Closed to casual users during these times - (subject to change)
 Open to gym members - (subject to change)

