

Gym timetable, 31st July - 3rd September **ACTIVE SCILLY**

	MON	TUE	WED	THU	FRI	SAT	SUN
07:00		Spin class 07:15 - 08:00			Spin class 07:15 - 08:00		
08:00							
09:00					Gym open & instructor present 09:00 - 12:00	Gym open 10:00 - 13:00	Gym open 10:00 - 13:00
10:00							
11:00							
12:00	Gym open 12:00 - 19:45	Gym open 12:00 - 19:45	Gym support* 12:30 - 13:30	Gym open 12:00 - 19:45	Gym support* 12:30 - 13:30		
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00		Spin class 18:30 - 19:15		Spin class 18:30 - 19:15			

**Gym support means that a qualified instructor is available to give inductions and do assessments (booking required).*