

Gym timetable

26 JUNE - 2 JULY 2017

**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			Spin class 09:15 - 10:00				
10:00						Gym open 10:00 - 13:00	Gym open 10:00 - 13:00
11:00							
12:00	Gym open 12:00 - 19:45	Gym open 12:00 - 19:45		Gym open 12:00 - 19:45			
13:00			Gym support* 12:30 - 13:30		Gym support* 12:30 - 13:30		
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							

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