

Fit 4 HEALTH & FITNESS SUITE TIMETABLE (September 2009+)

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9 - 10pm
Mon		7.30 - 10.10 Supervised		10.10 - 11.10 School	11.10 - 4.30 Open						4.30 - 6.30 Supervised		6.30 - 10.00 Open		
Tues		7.30 - 9.30 Supervised		9.30 - 11.30 Open		11.30 - 12.30 School	12.30 - 3.00 Open		3.00 - 4.00 Pulse	4.00 - 10.00 Open					
Weds		7.30 - 9.15 Supervised		9.15 - 10.10 Open	10.10 - 11.10 School	11.10 - 12.30 Open		12.30 - 1.30 School	1.30 - 2.35 Open	2.35 - 3.35 School	3.35 - 4.30 Open	4.30 - 6.30 Supervised		6.30 - 10.00 Open	
Thurs		7.30 - 9.00 Supervised		9.00 - 12.30 Open			12.30 - 1.30 School	1.30 - 10.00 Open							
Fri		7.30 - 9.15 Supervised		9.15 - 10.10 School	10.30 - 11.30 Pulse	11.30 - 3.35 Open				3.35 - 4.45 Teens	4.45 - 10.00 Open				
Sat		9.00 - 10.30 Open			10.30 - 12.30 Supervised		12.30 - 6.00 Open								
Sun		10.00 - 10.00 Open													



Supervised (an instructor is available to assist you)



School (during term-time, the fitness studio is closed to the public for school use)



Open (the fitness studio is open without an instructor in the fitness studio)



Teens (for those aged 14 & 15 yrs, term-time only)



Pulse (the fitness studio is closed to the public for the GP referral scheme)