

Gym Timetables

*This timetable is correct at the time of publishing, however, the timetable is subject to change so for daily information contact reception for more details.

Exmouth Tennis & Fitness Centre

| | 7.00am | 8.00am | 9.00am | 10.00am | 11.00am | 12.00pm | 1.00pm | 2.00pm | 3.00pm | 4.00pm | 5.00pm | 6.00pm | 7.00pm | 8.00pm | 9.00pm |
|-----|--------|--------|--------|---------|---------|---------|--------|--------|----------|--------|--------|--------|--------|--------|--------|
| Mon | SS | | SS | | | | | | Teen Gym | | SS | SS | SS | | |
| Tue | | | SS | | | | | | | | SS | SS | SS | | |
| Wed | | | SS | | | | | | Teen Gym | | SS | SS | SS | | |
| Thu | | | SS | | | | | | | | SS | SS | SS | | |
| Fri | SS | | SS | | | | | | Teen Gym | | | SS | | | |
| Sat | | | SS | | | | | | | | | | | | |
| Sun | | | SS | | | | | | | | | | | | |

Exmouth Leisure Centre

| | 7.00am | 8.00am | 9.00am | 10.00am | 11.00am | 12.00pm | 1.00pm | 2.00pm | 3.00pm | 4.00pm | 5.00pm | 6.00pm | 7.00pm | 8.00pm | 9.00pm |
|-----|--------|--------|--------|---------|---------|----------|--------|--------|----------|--------|--------|--------|--------|--------|--------|
| Mon | | | | | | | | Pulse | | | | OC | | | |
| Tue | | Pulse | | OC | | | | | Teen Gym | | | | OC | | |
| Wed | | | | Pulse | | | OC | | Teen Gym | | | OC | | | |
| Thu | | | | OC | | | | Pulse | Teen Gym | | | Pulse | OC | | |
| Fri | | | | OC | | | | | Teen Gym | | | | | | |
| Sat | | | | OC | OC | Teen Gym | | | | | | | | | |
| Sun | | | | | OC | | | | | | | | | | |

Supervised Sessions
An instructor is available to assist you.

Teen Gym
For those aged 11 - 15 years old.

Pulse
Gym is open for general use whilst the PULSE GP referral scheme is running.

Omnia Class
Small group class using the Omnia.

Gym Closed
The gym is closed.



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