

GYM USE TIMETABLE

October 25

	TIME	ERGOS/BIKES	TIME	WEIGHTS
MON			06:30 - 08:00	Masters Women
	16:00 - 18:00	Juniors	16:00 - 18:00	Juniors
	18:00 - 20:00	Seniors	18:00 - 20:00	Seniors
	20:00 - 21:30	Masters Men	20:00 -	OPEN
TUE	06:30 - 08:00	Masters Women	09:30 - 11:00	Senior Masters Men
	16:00 - 18:00	Juniors	16:00 - 18:00	Juniors
	18:00 - 20:00	Seniors	18:00 - 20:00	YV
	20:00 - 21:30	Masters Women	20:00 -	OPEN
WED	06:30 - 08:00	Improvers		
	16:00 - 18:00	Juniors	16:00 - 18:00	Juniors
	18:00 - 19:00	Seniors / Dev	18:00 - 20:00	Seniors
	19:00 - 20:00	Para / Dev		
	20:00 - 21:30	Masters Men/Masters Women		
THU	06:30 - 08:00	Masters Women		
	10:00 - 11:00	GoRow		
	16:00 - 18:00	Juniors	16:00 - 18:00	Juniors
	18:00 - 19:00	Seniors	18:00 - 20:00	Seniors
	19:00 - 20:00	YV	20:00 - 21:30	Masters Men
	20:00 - 21:30	Dev		
FRI	07:30 - 08:30	Senior Masters Women		
	16:00 - 18:00	OPEN		OPEN
	18:00 - 19:00	Improvers		
	19:00 - 20:00	Oldies		
SAT		OPEN		OPEN
SUN	13:00 - 14:30	Para	13:00 - 14:30	Para
Weekend on Red or Red/Amber	Sat 12:00 - 16:00. Sun 10:40 - 13:00	CLOSED SESSION FOR JUNIORS ONLY	Sat 12:00 - 16:00 Sun 10:40 - 13:00	CLOSED SESSION FOR JUNIORS ONLY
	For safeguarding reasons, when Junior squad session is in progress, no other club member is to enter the gym unless by agreement with Junior coach.			
	PLEASE REMEMBER:			
	• Wash and sanitise your hands before entering the gym.			
	• Please wait outside the gym until your session start time.			
	• The timetable includes 10 minutes CLEANING TIME at the end of your session. You use it, you clean it!			
	• After erg/bike/weight training, disinfect and store everything you have touched. Monitor screens MUST NOT be sprayed.			
	• Ensure balcony doors are left closed at the end of the session.			
	• Any queries should be handled via coaches/squad leads.			