



Centre Opening		Members Swim			Members Fitness			
		Morning	Lunchtime	Evening				
Monday**	0700 - 2200	0700 - 0945		1815 – 2000** (5 lanes) 2000 – 2100 (Swimfit)	0700-0900	1230-1400	1815-2200	Agility Circuits 0730-0800 (DS) Fit Ball 0800-0830 (DS)
Tuesday	0700 - 2200	0700 - 0830			0700-0900	1230-1400	1815-2200	HIIT 0800-0830 (TP) Ab Blast 0830-0900 (TP)
Wednesday	0700 - 2200	0830 – 0930 Swimfit (JY)	1215 – 1315 5 & 19 June	2000 – 2100 Swimfit	0700-0900	1230-1400	1815-2200	Mini Circuits 0730-0800 (TP) Core 0800-0830 (TP) Bootcamp 1800-1845 (TP)
Thursday	0700 - 2200	0815 – 0915 13 & 27 June	1230 – 1345 6 & 20 June	1900 – 2000 Swimfit Excludes 13 June	0700-0900	1230-1400	1815-2200	Beginners Body Tone 0800-0830 (TP)
Friday	0700 - 2100	0830 – 0930 Swimfit (JY)			0700-0900	1230-1400	1815-2100	Interm' Body Tone 0800 – 0830 (HB)
Saturday*	0800 - 2000	0800 – 0900 Excludes 29 June		1745 - 1915	0800-1130 Excludes 29 June		1700-2000	Box Fitness Circuits 0800 – 0830 (TP) Stretch & Flex 0830 - 0900 (TP)
Sunday	0900 - 2100		1315 - 1600 Members, Family & Boarders		0900 - 2100			

**KEY INFORMATION (NOTE TIMES AFFECTED)**

Saturday 8 June Prospective Parents Group Tours (Key School Event)

\*\*Monday 17 June Evening Swim Amendment 1815 – 1915 (Due to Boarders Gala)

\*Saturday 29 June Founders Day Swim & Gym Amendments (Key School Event)

**General Information** for school / visitors – Summer Term Tennis Outside

**LAST ENTRY & RECEPTION CLOSE**- 30 mins prior to closure

**CHANGING FACILITIES** – strictly controlled during the school day, check at reception