

# Members' Opening Times

## School term time

### Fitness Studio

<b><i>Monday to Thursday</i></b>	<b><i>07.00 – 08.30hrs</i></b> <b><i>17.00 – 22.00hrs</i></b>
<b><i>Friday</i></b>	<b><i>07.00 – 08.30hrs</i></b> <b><i>17.00 – 20.00hrs</i></b>
<b><i>Saturday</i></b>	<b><i>08.00 – 17.00hrs</i></b>
<b><i>Sunday</i></b>	<b><i>08.00 – 15.00hrs</i></b>

### Swimming Pool

<b><i>Monday to Wednesday</i></b>	<b><i>07.00 - 08.30hrs</i></b> ( <b><i>adults only</i></b> ) <b><i>19.00 - 22.00hrs</i></b>
<b><i>Thursday</i></b>	<b><i>07.00 - 08.30hrs</i></b> ( <b><i>adults only</i></b> ) <b><i>18.30 – 22.00hrs</i></b>
<b><i>Friday</i></b>	<b><i>07.00 - 08.30hrs</i></b> ( <b><i>adults only</i></b> ) <b><i>18.00 – 20.00hrs</i></b>
<b><i>Saturday</i></b>	<b><i>08.00 – 09.00hrs</i></b> ( <b><i>adults only</i></b> ) <b><i>12.00 – 17.00hrs</i></b>
<b><i>Sunday</i></b>	<b><i>08.00 – 09.00hrs</i></b> ( <b><i>adults only</i></b> ) <b><i>09.00 – 15.00hrs</i></b>