



Wykeham Sports Club

FITNESS SUITE TIME TABLE – term time January – March 2012

Summary of times	MONDAY 7am – 11am 1pm – 2pm 5pm – 9pm	TUESDAY 7am – 2pm 6pm -9pm	WEDNESDAY 7am – 11am 1pm – 2pm 5pm – 9pm	THURSDAY 7am – 2pm 6pm -9pm	FRIDAY 7am – 11am 1pm – 2pm 5pm – 9pm	SATURDAY 7.30am – 2pm 5pm – 7.30pm	SUNDAY 9.00am – 2.30pm 5pm-8pm
EARLY MORNING	7am - 9am	7am - 9am	7am - 9am	7am - 9am	7am - 9am	7.30am-9am	
MORNING	9am - 11am	9am - 12pm	9am - 11am	9am – 12pm	9am - 11am	9am - 12am	9am – 12pm
LUNCH TIME	1pm - 2pm	12pm - 2pm	1pm - 2pm	12pm – 2pm	1pm - 2pm	12pm – 2pm	12-2.30pm
EVENING	5pm - 9pm	6pm-9pm	5pm - 9pm	6pm - 9pm	5pm - 9pm	5pm-7.30pm	5pm - 8pm

Wykeham Sports Club Full Members and Fitness Members can use the FITNESS SUITE during ANY of the above times