



**Sessions are bookable between the times below**

**Please give time for each session**

**to finish and leave before entering the Hub five minutes to the hour**

**To help provide a more efficient and enjoyable session**

**Please start your workout on the hour,**

**filling the machines from the left side first.**

**Monday – Friday**

**9:00am – 9:55am    10:00am – 10:55am    11:00am -11:55am**

**12:00pm – 12:55pm**

**4:00pm – 4:55pm**

**5:00pm – 5:55pm**

**6:00pm – 6:55 pm**

**Saturday and Sunday**

**8:00am – 8:55am    9:00am – 9:55am**

**10:00am – 10:55am    11:00am – 11:55am**

