



Gym Timetable Sept 2023 – Aug 2024

Week A

Monday	Tuesday	Wednesday	Thursday	Friday
09:00-11:10	09:00-09:50	09:00-09:50	09:00-09:50	09:00-11:10
11:25-13:25	10:05-15:05	10:05-11:05	10:05-13:25	11:25-15:05
13:40-15:05		11:20-15:05	13:40-15:05	
15:05-16:30	15:05-16:30	15:05-16:30	15:05-16:30	15:05-16:30
16:30-21:00	16:30-21:00	16:30-21:00	16:30-21:00	16:30-21:00

Week B

Monday	Tuesday	Wednesday	Thursday	Friday
09:00-13:50	09:00-09:50	09:00-11:10	09:00-15:05	09:00-15:05
14:05-15:05	10:05-15:05	11:25-12:25		
		12:40-15:05		
15:05-16:30	15:05-16:30	15:05-16:30	15:05-16:30	15:05-16:30
16:30-21:00	16:30-21:00	16:30-21:00	16:30-21:00	16:30-21:00

Gym Open

Gym Closed

Teen Gym*

September 2023						October 2023						November 2023						
		A	B	A	B			A	B	A		B		B	A	B	A	B
M		4	11	18	25	M		2	9	16	23	30	M		6	13	20	27
Tu		5	12	19	26	Tu		3	10	17	24	31	Tu		7	14	21	28
W		6	13	20	27	W		4	11	18	25	W	1	8	15	22	29	
Th		7	14	21	28	Th		5	12	19	26	Th	2	9	16	23	30	
F	1	8	15	22	29	F		6	13	20	27	F	3	10	17	24		
Sa	2	9	16	23	30	Sa		7	14	21	28	Sa	4	11	18	25		
Su	3	10	17	24	Su	1	8	15	22	29	Su	5	12	19	26			
December 2023						January 2024						February 2024						
	B	A	B				A	B	A	B	A		A	B		A	B	
M		4	11	18	25	M	1	8	15	22	29	M		5	12	19	26	
Tu		5	12	19	26	Tu	2	9	16	23	30	Tu		6	13	20	27	
W		6	13	20	27	W	3	10	17	24	31	W		7	14	21	28	
Th		7	14	21	28	Th	4	11	18	25	Th	1	8	15	22	29		
F	1	8	15	22	29	F	5	12	19	26	F	2	9	16	23			
Sa	2	9	16	23	30	Sa	6	13	20	27	Sa	3	10	17	24			
Su	3	10	17	24	31	Su	7	14	21	28	Su	4	11	18	25			
March 2024						April 2024						May 2024						
	B	A	B	A	B				A	B	A		A	B	A	B		
M		4	11	18	25	M	1	8	15	22	29	M		6	13	20	27	
Tu		5	12	19	26	Tu	2	9	16	23	30	Tu		7	14	21	28	
W		6	13	20	27	W	3	10	17	24	W	1	8	15	22	29		
Th		7	14	21	28	Th	4	11	18	25	Th	2	9	16	23	30		
F	1	8	15	22	29	F	5	12	19	26	F	3	10	17	24	31		
Sa	2	9	16	23	30	Sa	6	13	20	27	Sa	4	11	18	25			
Su	3	10	17	24	31	Su	7	14	21	28	Su	5	12	19	26			
June 2024						July 2024						August 2024						
		A	B	A	B		A	B	A	B								
M		3	10	17	24	M	1	8	15	22	29	M		5	12	19	26	
Tu		4	11	18	25	Tu	2	9	16	23	30	Tu		6	13	20	27	
W		5	12	19	26	W	3	10	17	24	31	W		7	14	21	28	
Th		6	13	20	27	Th	4	11	18	25	Th	1	8	15	22	29		
F		7	14	21	28	F	5	12	19	26	F	2	9	16	23	30		
Sa	1	8	15	22	29	Sa	6	13	20	27	Sa	3	10	17	24	31		
Su	2	9	16	23	30	Su	7	14	21	28	Su	4	11	18	25			

Key	Times
Term Time	See overleaf for opening hours (Week A & B) signalled above on the calendar. Weekends 9am-5pm
School Holidays	Weekdays 9am-9pm / Weekends 9am-5pm
Bank Holiday / Shorter Hours	Open 9am-1pm
Christmas	Open 9am-5pm
Closed	

We are a dual use site, the gym is open as per the timetable overleaf during term time, the Week A & B schedule can be viewed above.

*Teen Gym available from Yr10 (£3 PAYG or purchase a block of 10 sessions for £24), please visit the website to view additional access times for Teen Gym.