

To help you plan your workout, we've put together the below suggested times to indicate when the Fitness Suite is usually at its busiest.



= Peak Times

* Please be aware that this will vary from time to time.

Monday - Friday

Saturday

Sunday

06:30
07:30
08:30
09:30
10:30
11:30
12:30
13:30
14:30
15:30
16:30
17:30
18:30
19:30
20:30
21:30
22:00

