

Station Sports Centre

Fitness Programme

21st - 27th December

Please note our programmes will be reviewed daily.
For an accurate and up to date timetable please see the online booking system.

	<u>MONDAY 21</u>	<u>TUESDAY 22</u>	<u>WEDNESDAY 23</u>	<u>THURSDAY 24</u>	<u>FRIDAY 25</u>	<u>SATURDAY 26</u>	<u>SUNDAY 27</u>	
6am								6am
7am	Fitness Session		Fitness Session					7am
8am	Fitness Session	Fitness Session	Fitness Session	Fitness Session				8am
9am	Fitness Session	Fitness Session	Fitness Session	Fitness Session				9am
10am					CLOSED	CLOSED	CLOSED	10am
11am								11am
12pm								12pm
1pm								1pm
2pm								2pm
3pm								3pm
4pm								4pm
5pm	Fitness Session	Fitness Session	Fitness Session					5pm
6pm	Fitness Session	Fitness Session	Fitness Session					6pm
7pm								7pm
8pm								8pm
9pm								9pm

All fitness sessions MUST be pre-booked online using our booking online system.

Please do not turn up without a pre-arranged booking.

Please don't forget if you are unable to attend a session please ensure you have cancelled via our booking online system.

Station Sports Centre

Fitness Programme

28th December 2020 - 3rd January 2021

Please note our programmes will be reviewed daily.
For an accurate and up to date timetable please see the online booking system.

	<u>MONDAY 28</u>	<u>TUESDAY 29</u>	<u>WEDNESDAY 30</u>	<u>THURSDAY 31</u>	<u>FRIDAY 1</u>	<u>SATURDAY 2</u>	<u>SUNDAY 3</u>		
6am								6am	
7am			Fitness Session					7am	
8am		Fitness Session	Fitness Session	Fitness Session				8am	
9am		Fitness Session	Fitness Session	Fitness Session		Fitness Session	Fitness Session	9am	
10am	CLOSED				CLOSED			10am	
11am								11am	
12pm									12pm
1pm									1pm
2pm									2pm
3pm									3pm
4pm				Fitness Session					4pm
5pm			Fitness Session	Fitness Session					5pm
6pm			Fitness Session						6pm
7pm							7pm		
8pm							8pm		
9pm							9pm		

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