

Epping Sports Centre

4th January 2011 - 31st December 2011

Gym Timetable

Classes start promptly at stated times

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15am							
8.00am	Open Training	Open at 8.00am	Open Training	Open at 8.00am	Open Training	Open at 9.00am	Open at 9.00am
9.00am							
10.00am						Open Training	Open Training
11.00-12.00pm	New Start*	Open Training	New Start*	Open Training	New Start*		
12.00pm							
1 - 5pm							
6.00pm	Open Training		Open Training		Open Training		
7.30-8.30pm		Gym Circuit*		Gym Circuit*		Closed 4.30pm	Closed 4.30pm
8.30pm							
9.00pm					Closed 8.30pm		
9.30pm	Closed 9.30pm	Closed 9.30pm	Closed 9.30pm	Closed 9.30pm			

Please note that changing rooms do not open until 7.00am on Monday, Wednesday and Fridays due to cleaning

* New Start sessions for **New Start members only**

*Gym Circuit available for all members to participate. No entries after 7.30pm

Our Junior Active (11-15) times are; Weekdays 15.15-18.00hrs (unaccompanied). Accompanied training (with a parent or guardian aged 18+) Fri evening 18.00-20.30hrs and Sat-Sun 11.00-16.30hrs

www.everyoneactive.com

CRECHE ☺

Available Mon - Fri mornings

Ask at reception for times as they vary day to day