

CARN THOMAS FITNESS CENTRE TIMETABLE

	MON	TUES	WEDS	THURS	FRI	SAT	SUN	
8.00								
8.30								
9.00								
9.30				<i>9.30 to 11 WINTER ONLY</i>				
10.00								
10.30								
11.00								
11.30		11.30 to 2.30pm				11.30 to 1pm		
12.00	12.00 to 3pm							
12.30								
1.00								
1.30								
2.00								
2.30								
3.00								
3.30								
4.00								
4.30								
5.00								
5.30	5.30 to 7pm	5.30 to 8.30pm						
6.00								
6.30								
7.00								
7.30								
8.00							7pm to 8.30pm	
8.30								
9.00								
9.30								

Winter Only sessions run from after the autumn half term holidays through to the end of April.