

	06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30		
Monday							9-11																			6-7										
Tuesday															1-2													7-9								
Wednesday																																				
Thursday									10-11																				7.30-9							
Friday							9-10																4.30-5.30			6-7										
Saturday												12-1																								
Sunday																																				

**Red:** Fitness suite closed for adult or Academy groups. Only those taking part in the group session have access to the suite.

**Green:** Open access to all fitness suite members and Academy players