

	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	Green	Green	Green	Green	Green	Green	Red	Red	Red	Red	Green	Red	Red	Green	Green	Green	Red	Green	Green	Green	Green																
Tuesday	Green	Red	Red	Green	Red	Red	Green																														
Wednesday	Green	Red	Red	Green																																	
Thursday	Green	Red	Red	Green	Green	Green	Green	Green	Green	Red	Red	Green	Green	Green	Green	Green	Red	Red	Green																		
Friday	Green	Green	Green	Green	Green	Green	Red	Red	Green	Red	Red	Green	Green	Green	Green	Green	Red	Red	Green																		
Saturday	Green	Red	Red	Green																																	
Sunday	Green																																				

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

 Open access to all fitness suite members and Academy players