

Fitness sessions timetable

Beverley Road Baths

Accurate as of 02/10/2026

Times for Monday 5 October			
Time	Session	Facility	
6:30 am - 8:00 am	Family Gym	Gym	
6:30 am - 9:00 pm	Gym Open to Public	Gym	
3:30 pm - 5:00 pm	Family Gym	Gym	
4:00 pm - 5:00 pm	Junior Gym (age 11+)	Gym	
8:00 pm - 9:00 pm	Family Gym	Gym	