

The Gym

Dewars Centre

Accurate as of 23/09/2026

Times for Monday 14 September

Time	Session	Facility
07:00 - 07:45	HIIT	The Gym
12:30 - 13:15	Circuits	The Gym
16:00 - 17:00	Under 16 Gym Session	The Gym
17:00 - 18:00	Under 16 Gym Session	The Gym
18:00 - 19:00	Under 16 Gym Session	The Gym
19:00 - 20:00	Under 16 Gym Session	The Gym
20:00 - 21:00	Under 16 Gym Session	The Gym
20:00 - 21:00	Gym Circuits	The Gym