

Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RIG FIT 7.30-8am	RIG FIT 7.30-8am	RIG FIT 7.30-8am	RIG FIT 7.30-8am	RIG FIT 7.30-8am		

Activity Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit 12.15-1pm		Aquafit 9.30-10.15am	Aquafit 12.15-1pm	Aquafit 12noon-12.45pm		
Aquafit 8.15-9pm		Aquafit 12.15-1pm				
		Aquafit 8.15-9pm				