

GYM TIMETABLE

AS OF 13/09/2021

RUSSEL SEAL FITNESS CENTRE

	BOOK IN	BOOK IN	NO BOOKING	BOOK IN	NO BOOKING
MONDAY	6:30AM-8:00AM	8:30AM-10:00AM	10:30AM-2:00PM	2:30PM-4:00PM	4:30PM-10:00PM
TUESDAY	6:30AM-8:00AM	8:30AM-10:00AM	10:30AM-2:00PM	2:30PM-4:00PM	4:30PM-10:00PM
WEDNESDAY	6:30AM-8:00AM	8:30AM-10:00AM	10:30AM-2:00PM	2:30PM-4:00PM	4:30PM-10:00PM
THURSDAY	6:30AM-8:00AM	8:30AM-10:00AM	10:30AM-2:00PM	2:30PM-4:00PM	4:30PM-10:00PM
FRIDAY	6:30AM-8:00AM	8:30AM-10:00AM	10:30AM-2:00PM	2:30PM-4:00PM	4:30PM-10:00PM
	BOOK IN	NO BOOKING	BOOK IN	BOOK IN	NO BOOKING
SATURDAY	8:00AM-9:30AM	10:00AM-1:30PM	2:00PM-3:30PM	4:00PM-5:30PM	6:00PM-8:00PM
SUNDAY	8:00AM-9:30AM	10:00AM-1:30PM	2:00PM-3:30PM	4:00PM-5:30PM	6:00PM-10:00PM