

Gym Session Timetable

4th October – 31st December 2021

At Wodson Park, we constantly review the latest Covid-19 Public Health England & Hertfordshire Public Health guidance as part of our commitment to ensuring that Wodson Park remains as 'Covid-19 Safe' an environment as possible.

Our recent review of our Gym protocols has revealed that access to Wodson Park's Gym needs to remain strictly controlled to allow for Social Distancing, but from Monday 4th October 2021, we are able to extend our Gym Session times, by amending our Gym Cleaning regimes.

Wodson Park is UNABLE to provide towels during the current pandemic.

Our Gym will be OPEN at the following times from 4th October - 31st December 2021:

Monday - Thursday

Gym Session Times	
08.00 – 13.30	Off-Peak
13.30 – 14.00	CLOSED for CLEANING
14.00 – 17.00	Off-Peak
17.00 – 21.00	Peak

Friday

Gym Session Times	
08.00 – 13.30	Off-Peak
13.30 – 14.00	CLOSED for CLEANING
14.00 – 17.00	Off-Peak
17.00 – 19.30	Peak

Saturday

Gym Session Times	
08.00 – 12.30	Off-Peak
12.30 – 12.45	CLOSED for CLEANING
12.45 – 15.30	Off-Peak

Sunday

Gym Session Times	
09.00 – 13.15	Off-Peak
CLOSED for CLEANING	

ALL Wodson Park Gym Sessions are limited to:

- a **MAXIMUM of 18 participants** in the Gym, at any one time; and
- and **MUST be pre-booked**, by calling **Wodson Park Reception, tel: 01920 487 091**
- **Wodson Park Members** may **book our Gym Sessions up to 7 days in advance.**