



Gym Session Timetable

December 2020

Access to Wodson Park's Gym is strictly controlled to allow for Social Distancing.

Each of our Gym Sessions is restricted to a **MAXIMUM** of 75 minutes, to allow time for cleaning between Gym Sessions.

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

Our Gym will be OPEN at the following times during December 2020:

Monday - Thursday

Gym Session Times	
07.15 – 08.30	Off-Peak
08.45 – 10.00	Off-Peak
10.15 – 11.30	Off-Peak
11.45 – 13.00	Off-Peak
13.15 – 14.30	Off-Peak
14.45 – 16.00	Off-Peak
16.30 – 17.45	Peak
18.00 – 19.15	Peak
19.30 – 20.45	Peak

Friday

Gym Session Times	
07.15 – 08.30	Off-Peak
08.45 – 10.00	Off-Peak
10.15 – 11.30	Off-Peak
11.45 – 13.00	Off-Peak
13.15 – 14.30	Off-Peak
14.45 – 16.00	Off-Peak
16.15 – 17.30	Peak
17.45 – 19.00	Peak

Saturday

Gym Session Times	
08.15 – 09.30	Off-Peak
09.45 – 11.00	Off-Peak
11.15 – 12.30	Off-Peak
12.45 – 14.00	Off-Peak
14.15 – 15.30	Off-Peak

Sunday

Gym Session Times	
09.00 – 10.15	Off-Peak
10.30 – 11.45	Off-Peak
12.00 – 13.15	Off-Peak

ALL Wodson Park Gym Sessions are limited to:

- a **MAXIMUM of 12 participants** per Session; and
- a **MAXIMUM of 75 minutes** per Session;

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**
- **Non-Members** may **book our Gym Sessions up to 3 days in advance**