

## Bader Gym Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
7am	Staff only	Staff only	<b>Closed</b>	Staff only	<b>Closed</b>
7:30am				Staff only	
8am	Open gym session	Closed session		Open gym session	
8:30am					
9am	Open gym session	Open gym session	Open gym session	Closed session	Open gym session
9:30am					
10am	Open gym session	Open gym session	Closed session	Open gym session	Open gym session
10:30am					
11am	Open gym session	Open gym session	Open gym session	Open gym session	Open gym session
11:30am					
12pm	Open gym session	Open gym session	Open gym session	Open gym session	Open gym session
12:30pm					
1pm	Open gym session	Closed session	Closed session	Open gym session	Open gym session
1:30pm					
2pm	Closed session	Closed session (Inpatients only)	Closed session (Inpatients only)	Closed session (Inpatients only)	Closed session (Inpatients only)
2:30pm					
3pm		Closed session	Open gym session	Closed session	Open gym session
3:30pm					
4pm	Staff only	Open gym session	Open gym session	Open gym session	Open gym session
4:30pm					
5pm	Staff only	Open gym session	<b>Staff only</b>	Open gym session	<b>Staff only</b>
5:30pm					

Gym members must book their gym session ahead of time by calling 020 8487 6040