

Bader Gym Timetable

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------|--------------------------------|---------------------------------------|--------------------------------|-------------------------------------|--------------------------------|
| 7am | Closed session (staff only) | Closed session (staff only) | Closed | Closed session (staff only) | Closed |
| 8am | Open gym session | Closed session | | Open gym session | |
| 9am | Open gym session | Open gym session | Open gym session | Closed session | Open gym session |
| 10am | Open gym session | Open gym session | Closed session | Open gym session | Open gym session |
| 11am | Open gym session | Open gym session | Open gym session | Open gym session | Open gym session |
| 12pm | Open gym session | Open gym session | Open gym session | Open gym session | Open gym session |
| 1pm | Open gym session | Open gym session (limited session) | Closed session | Open gym session | Open gym session |
| 2pm | Closed session | Closed session (Inpatients only) | Open gym session | Closed session (Inpatients only) | Open gym session |
| 3pm | | Open gym session | Open gym session | Open gym session | Open gym session |
| 4pm | | Closed session | Open gym session | Closed session | Open gym session |
| 5pm | | Open gym session | Closed session (staff only) | Open gym session | Closed session (staff only) |

Gym sessions must be booked in advance

Updated: 17 Jan 2022