

Bader Gym Timetable										
	Monday		Tuesday		Wednesday		Thursday		Friday	
8am	Gym session		Gym session		Gym session		Gym session		Gym session	
8:30am		Gym session		Gym session		Gym session		Gym session		Gym session
9am	Gym session	Gym session	Gym session	Gym session	Gym session	Gym session	Gym session	Gym session	Gym session	Gym session
9:30am										
10am	Gym session	Gym session	Gym session	Gym session	Gym session	Gym session	Gym session	Gym session	Gym session	Gym session
10:30am										
11am	Gym session	Gym session	Gym session	Gym session	Gym session	Gym session	Gym session	Gym session	Gym session	Gym session
11:30am										
12pm	Gym session	Gym session	Gym session	Gym session	Gym session	Gym session	Gym session	Gym session	Gym session	Gym session
12:30pm										
1pm	Bader Blast		Fitness for Life (physio referral)		The Strength Society (women only)		EmpowerFIT		Step 'n Groove	
1:30pm										
2pm	Closed session		Gym session		The Strength Society		Gym session		Gym session	
2:30pm				Gym session				Gym session		Gym session
3pm			Gym session	Gym session	Gym session		Gym session	Gym session	Gym session	Gym session
3:30pm										
4pm			Gym session	Gym session	Gym session		Gym session	Gym session	Gym session	Gym session
4:30pm										
5pm	Staff Only		Gym session	Gym session	Staff Only		Gym session	Gym session	Staff Only	
5:30pm										

Please note the gym is closed on bank holidays