



GALLOWGATE CENTRE FITNESS SUITE

JANUARY 2012 – JUNE 2012

| GALLOWGATE CENTRE | | | |
|-------------------|----------------------|-------------------|---------------|
| | Activity | Time | Location |
| Monday | Supervised Training* | 12.00pm - 1.00pm | Fitness Suite |
| | Supervised Training* | 5.15pm - 6.15pm | Fitness Suite |
| Tuesday | Supervised Training* | 7.00am - 8.00am | Fitness Suite |
| | Supervised Training* | 11.30am - 12.30pm | Fitness Suite |
| | Supervised Training* | 5.00pm - 6.00pm | Fitness Suite |
| Wednesday | Supervised Training* | 12.00pm - 1.00pm | Fitness Suite |
| | Supervised Training* | 5.15pm - 6.15pm | Fitness Suite |
| Thursday | Supervised Training* | 7.00am - 8.00am | Fitness Suite |
| | Supervised Training* | 12.00pm - 1.00pm | Fitness Suite |
| | Supervised Training* | 5.15pm - 6.15pm | Fitness Suite |
| Friday | Supervised Training* | 12.00pm - 1.00pm | Fitness Suite |

ADMITTANCE FREE to the fitness suite with supervised training - *instructor on hand to offer training advice!

Important note: all new fitness suite users must undertake a gym induction. This can be arranged by e-mail: fitness.suite@abcol.ac.uk

PLEASE NOTE :

1. The classes at the time stated cannot be guaranteed and we reserve the right to change and cancel sessions at short notice due to staff availability or timetabling priorities.
2. During College holidays - October, Easter & Summer opening hours will be adjusted. The Fitness facilities are closed over Christmas.

