

Training Zone

Available Training Times

MONDAY

07.00 - 09.45

11.00 - 21.00

WEDNESDAY

07.00 - 10.45

12.00 - 17.00

18.00 - 21.00

FRIDAY

07.30 - 17.15

18.30 - 21.00

TUESDAY

06.00 - 10.45

12.00 - 21.00

THURSDAY

06.00 - 10.45

12.00 - 17.00

SATURDAY

09.30 - 17.00

SUNDAY

10.30 - 17.00

The Training Zone may be booked for special events which may impact on these times, we will notify customers of any changes to these training times on a daily basis.

