



CHECK YOUR SESSION
ENTRANCE POINT
BEFORE ARRIVAL

Neston Recreation Centre Gym Timetable

ENTRANCE B

MONDAY	
9.30am - 10.25am	Gym Session
10.30am - 11.25am	Gym Session
11.00am	Welcome Workout
11.30am - 12.25pm	Gym Session
12.30pm - 1.25pm	Gym Session
1.30pm - 2.25pm	Gym Session
2.00pm	Welcome Workout
2.30pm - 3.25pm	Gym Session
3.30pm - 4.25pm	Gym Session
4.30pm - 5.25pm	Gym Session
5.00pm	Welcome Workout
5.30pm - 6.25pm	Gym Session
6.30pm - 7.25pm	Gym Session
7.00pm	Welcome Workout

TUESDAY	
9.30am - 10.25am	Gym Session
10.30am - 11.25am	Gym Session
11.00am	Welcome Workout
11.30am - 12.25pm	Gym Session
12.30pm - 1.25pm	Gym Session
1.30pm - 2.25pm	Gym Session
2.00pm	Welcome Workout
2.30pm - 3.25pm	Gym Session
3.30pm - 4.25pm	Gym Session
4.30pm - 5.25pm	Gym Session
5.00pm	Welcome Workout
5.30pm - 6.25pm	Gym Session
6.30pm - 7.25pm	Gym Session
7.00pm	Welcome Workout

WEDNESDAY	
9.30am - 10.25am	Gym Session
10.30am - 11.25am	Gym Session
11.00am	Welcome Workout
11.30am - 12.25pm	Gym Session
12.30pm - 1.25pm	Gym Session
1.30pm - 2.25pm	Gym Session
2.00pm	Welcome Workout
2.30pm - 3.25pm	Gym Session
3.30pm - 4.25pm	Gym Session
4.30pm - 5.25pm	Gym Session
5.00pm	Welcome Workout
5.30pm - 6.25pm	Gym Session
6.30pm - 7.25pm	Gym Session
7.00pm	Welcome Workout

THURSDAY	
9.30am - 10.25am	Gym Session
10.30am - 11.25am	Gym Session
11.00am	Welcome Workout
11.30am - 12.25pm	Gym Session
12.30pm - 1.25pm	Gym Session
1.30pm - 2.25pm	Gym Session
2.00pm	Welcome Workout
2.30pm - 3.25pm	Gym Session
3.30pm - 4.25pm	Gym Session
4.30pm - 5.25pm	Gym Session
5.00pm	Welcome Workout
5.30pm - 6.25pm	Gym Session
6.30pm - 7.25pm	Gym Session
7.00pm	Welcome Workout

FRIDAY	
9.30am - 10.25am	Gym Session
10.30am - 11.25am	Gym Session
11.00am	Welcome Workout
11.30am - 12.25pm	Gym Session
12.30pm - 1.25pm	Gym Session
1.30pm - 2.25pm	Gym Session
2.00pm	Welcome Workout
2.30pm - 3.25pm	Gym Session
3.30pm - 4.25pm	Gym Session
4.30pm - 5.25pm	Gym Session
5.00pm	Welcome Workout
5.30pm - 6.25pm	Gym Session
6.30pm - 7.25pm	Gym Session
7.00pm	Welcome Workout

We've changed the way you visit our centres!

Be sure to check our website before you leave home to make sure you've got the most up to date information about our centres, how we are making our centres safe for customers and your new brio journey.

brioleisure.org/welcomeback

Monday - Friday
6.30am - 9.30am
7.30pm - 9.30pm
All Weekend
NO PREBOOKING
REQUIRED!