



CHECK YOUR SESSION
ENTRANCE POINT
BEFORE ARRIVAL

Neston Recreation Centre Gym Timetable

ENTRANCE B

MONDAY	
6.30am - 7.25am	Gym Session
7.30am - 8.25am	Gym Session
8.30am - 9.25am	Gym Session
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
7.30pm - 8.25pm	Gym Session
8.30pm - 9.25pm	Gym Session

TUESDAY	
6.30am - 7.25am	Gym Session
7.30am - 8.25am	Gym Session
8.30am - 9.25am	Gym Session
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
7.30pm - 8.25pm	Gym Session
8.30pm - 9.25pm	Gym Session

WEDNESDAY	
6.30am - 7.25am	Gym Session
7.30am - 8.25am	Gym Session
8.30am - 9.25am	Gym Session
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
7.30pm - 8.25pm	Gym Session
8.30pm - 9.25pm	Gym Session

THURSDAY	
6.30am - 7.25am	Gym Session
7.30am - 8.25am	Gym Session
8.30am - 9.25am	Gym Session
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
7.30pm - 8.25pm	Gym Session
8.30pm - 9.25pm	Gym Session

FRIDAY	
6.30am - 7.25am	Gym Session
7.30am - 8.25am	Gym Session
8.30am - 9.25am	Gym Session
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
7.30pm - 8.25pm	Gym Session
8.30pm - 9.25pm	Gym Session

SATURDAY	
8.00am - 8.55am	Gym Session
9.00am - 9.55am	Gym Session
10.00am - 10.55am	Gym Session
11.00am - 11.55am	Gym Session
11.30am	Welcome Workout
12.00pm - 12.55pm	Gym Session
1.00pm - 1.55pm	Gym Session
1.30pm	Welcome Workout
2.00pm - 2.55pm	Gym Session
3.00pm - 3.55pm	Gym Session
3.30pm	Welcome Workout

SUNDAY	
8.00am - 8.55am	Gym Session
9.00am - 9.55am	Gym Session
10.00am - 10.55am	Gym Session
11.00am - 11.55am	Gym Session
11.30am	Welcome Workout
12.00pm - 12.55pm	Gym Session
1.00pm - 1.55pm	Gym Session
1.30pm	Welcome Workout
2.00pm - 2.55pm	Gym Session
3.00pm - 3.55pm	Gym Session
3.30pm	Welcome Workout

**PRE-BOOKING
IS REQUIRED
FOR ALL
SESSIONS**

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