

ST Alban's College Gymnasium Operating Hours

Monday:	Juniors & Sports Groups:	15:30-16:45
	Seniors:	16:45-17:30
Tuesday:	Seniors & Sports Groups	15:30-17:30
Wednesday:	Juniors B/W & Core	14:30-15:30
	Seniors B/W & Core	15:30-17:30
Thursday:	Seniors Gym	15:30-17:30
Friday	Biceps Day	14:30-16:30
Saturday:	Seniors	13:30-15:00