

Timetable

Open gym sessions

Monday, Wednesday & Friday	07:30-09:00 09:00-10:30 14:15-15:30 15:30-16:45 18:00-19:00
Thursday	07:30-09:00 09:00-10:30 17:30-18:45 18:45-20:00 20:00-21:15
Saturday	09:00-10:30 10:30-12:00 12:00-13:00
Sunday (Sept- April)	12:00-13:30 13:30-15:00 15:00-16:00

Staff only gym session

Monday- Friday	13:00-14:00
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B&FC Student only

Monday, Wednesday & Friday	12:00-12:45
Tuesday & Thursday (female students only)	12:00-12:45

Junior (Ages 11-15) gym session

Friday	19:15-20:15
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Booking is now essential.

This can be done by visiting:

<https://www.blackpool.ac.uk/facilities/sports>