	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Ladies Only 7.00 AM – 9.00AM 9.30 AM – 11.30 AM	Men Only 7.00 AM – 9.00 AM 9.30 AM – 11.30 AM	Ladies Only 7.00 AM – 9.00AM 9.30 AM – 11.30 AM	Men Only 7.00 AM – 9.00 AM 9.30 AM – 11.30 AM	Ladies Only 7.00 AM – 9.00AM 9.30 AM – 11.30 AM	Ladies Only 8.00 AM – 10.00 AM 10.30 AM – 12.30 PM	Men Only 8.00 AM – 10.00 AM 10.30 AM – 12.30 PM
Afternoon	Men Only 12.00 PM – 2.00 PM 2.30 PM – 4.30 PM	Ladies Only 12.00 PM – 2.00 PM 2.30 PM – 4.30 PM	Men Only 12.00 PM – 2.00 PM 2.30 PM – 4.30 PM	Ladies Only 12.00 PM – 2.00 PM 2.30 PM – 4.30 PM	Men Only 12.00 PM – 2.00 PM 2.30 PM – 4.30 PM	Men Only 1.00 PM – 2.30 PM 3.00 PM – 4.30 PM	Ladies Only 1.00 PM – 2.30 PM 3.00 PM – 4.30 PM
Evening	Ladies Only 5.00 PM – 7.00 PM 7.30 PM – 9.30 PM	Men Only 5.00 PM – 7.00 PM 7.30 PM – 9.30 PM	Ladies Only 5.00 PM – 7.00 PM 7.30 PM – 9.30 PM	Men Only 5.00 PM – 7.00 PM 7.30 PM – 9.30 PM	Ladies Only 5.00 PM – 7.00 PM 7.30 PM – 9.30 PM		