

An illustration of a purple person sitting in a white wheelchair, positioned to the left of the central text circle. Above the person's head is a white circle containing a green dot and a pink downward-pointing arrow.

# How to book

To pre-book your Gym session, please call reception on 0131 661 3366

All sessions must be pre-booked in advance.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9am – 10am</b> Supervised gym session	<b>9am – 10am</b> Independent Gym Session	<b>9am – 10am</b> Supervised gym session	<b>9am – 10am</b> Independent Gym Session	<b>9am – 10am</b> Independent Gym Session
<b>10am – 10.30am</b> Gym Closed for Cleaning	<b>10am – 10.30am</b> Gym Closed for Cleaning	<b>10am – 10.30am</b> Gym Closed for Cleaning	<b>10am – 10.30am</b> Gym Closed for Cleaning	<b>10am – 10.30am</b> Gym Closed for Cleaning
<b>10.30am – 11.30am</b> Supervised gym session	<b>10.30am – 11.30am</b> Independent Gym Session	<b>11am – 12pm</b> Supervised gym session	<b>11am – 12pm</b> Independent Gym Session	<b>11am – 12pm</b> Supervised gym session
<b>11.30am – 12pm</b> Gym Closed for Cleaning	<b>12pm – 12.30pm</b> Gym Closed for Cleaning	<b>12pm – 12.30pm</b> Gym Closed for Cleaning	<b>12pm – 12.30pm</b> Gym Closed for Cleaning	<b>12pm – 12.30pm</b> Gym Closed for Cleaning
<b>12pm – 1pm</b> Independent Gym Session	<b>12.30pm – 1.30pm</b> Supervised gym session	<b>12.30pm – 1.30pm</b> Independent Gym Session	<b>12.30pm – 1.30pm</b> Independent Gym Session	<b>12.30pm – 1.30pm</b> Independent Gym Session
<b>12.30pm – 1pm</b> Gym Closed for Cleaning	<b>1.30pm – 2pm</b> Gym Closed for Cleaning	<b>1.30pm – 2pm</b> Gym Closed for Cleaning	<b>1.30pm – 2pm</b> Gym Closed for Cleaning	<b>1.30pm – 2pm</b> Gym Closed for Cleaning
<b>2pm – 3pm</b> Independent Gym Session	<b>2pm – 3pm</b> Independent Gym Session	<b>2pm – 3pm</b> Independent Gym Session	<b>2pm – 3pm</b> Independent Gym Session	<b>2pm – 3pm</b> Independent Gym Session
<b>3pm – 3.30pm</b> Gym Closed for Cleaning	<b>3pm – 3.30pm</b> Gym Closed for Cleaning	<b>3pm – 3.30pm</b> Gym Closed for Cleaning	<b>3pm – 3.30pm</b> Gym Closed for Cleaning	<b>3pm – 3.30pm</b> Gym Closed for Cleaning
<b>4pm – 5pm</b> Gym Induction Session				

Max 4 people using gym at any time