

# New Gym Opening Hours

## Apex & Aspire

	Apex	Aspire	Aspire Platforms access info
<b>MON</b>	0700 - 2230	0800 - 1600 1715 - 1815 1945 - 2230	
<b>TUE</b>	0700 - 2230	0700 - 2230	RESTRICTED AVAILABILITY BETWEEN 0700 - 0800 & 1615 - 1800
<b>WED</b>	0700 - 2230	0700 - 1000 1130 - 1600 1715 - 1815 1945 - 2230	
<b>THU</b>	0700 - 2230	0700 - 2230	RESTRICTED AVAILABILITY BETWEEN 1645 - 1800
<b>FRI</b>	0700 - 2230	0800 - 2230	
<b>SAT</b>	1000 - 2030	1100 - 2030	
<b>SUN</b>	1000 - 2030	1000 - 2030	



shetland recreational trust