

Gym Opening Hours

Apex & Aspire

	Apex	Aspire	Aspire Platforms access info
MON	0700 - 2230	0800 - 2230	
TUE	0700 - 2230	0700 - 2230	RESTRICTED AVAILABILITY BETWEEN 0700 - 0800 & 1615 - 1800
WED	0700 - 2230	0700 - 1000 1130 - 1815 1930 - 2230	
THU	0700 - 2230	0700 - 2230	RESTRICTED AVAILABILITY BETWEEN 1645 - 1800
FRI	0700 - 2230	0800 - 2230	
SAT	1000 - 2030	1100 - 2030	
SUN	1000 - 2030	1000 - 2030	



shetland recreational trust