



Gestig 1855 Founded

GYM TIMES

Monday, Tuesday, Wednesday and Thursday

Private clients: 07:20 – 13:00, 16:30 – 17:30

Sports teams: 14:30 – 17:30

Learners: 13:45 – 14:30, 16:30 – 17:30

Friday

Private clients: 07:20 – 16:00

Sports teams: 13:45 – 16:00

Learners: 13:45 – 16:00

Saturday, Sunday & School Holidays

Closed