

HEALTH SUITE TIMETABLE AT CENTRE AT7



MONDAY 25TH MARCH TO SUNDAY 7TH APRIL AT CENTRE AT7

MONDAY 25TH MARCH / MONDAY 1ST APRIL

7:00am – 9:30am <i>Not running 1st April</i>	Standard
10:00am – 1:00pm	Standard
3:00pm – 7:45pm <i>Until 6:00pm on 1st April</i>	Standard
8:15pm – 9:00pm <i>Not running 1st April</i>	Female Only

TUESDAY 26TH MARCH / TUESDAY 2ND APRIL

7:00am – 9:30am	Standard
10:00am – 10:45am	Female Only
11:00am – 1:00pm	Standard
3:00pm – 8:00pm	Standard

WEDNESDAY 27TH MARCH / WEDNESDAY 3RD APRIL

7:00am – 9:30am	Standard
10:00am – 1:00pm	Standard
3:00pm – 8:45pm	Standard

THURSDAY 28TH MARCH / THURSDAY 4TH APRIL

7:00am – 9:30am	Standard
12:00pm – 1:00pm	Standard
3:00pm – 8:45pm	Standard

FRIDAY 29TH MARCH / FRIDAY 5TH APRIL

7:00am – 9:30am <i>Not running on 29th March</i>	Standard
10:00am – 1:00pm	Standard
3:00pm – 8:00pm	Standard
8:15pm – 9:00pm <i>Not running on 29th March</i>	Male Only

SATURDAYS

9:00am – 2:45pm	Standard
-----------------	----------

SUNDAYS

9:00am – 9:45am	Standard
10:00am – 11:45am	Female Only
12:45pm – 4:45pm	Standard

HEALTH SUITE PRICES

Members	FREE
Standard	£9.00
Go CV	£7.20
GO CV + Concession	£6.00

HEALTH SUITE COMBI PRICES

Combine a fitness suite or exercise class session with a health suite session!

Members	FREE
Standard	£10.80
Go CV	£9.30
GO CV + Concession	£7.30

Become a Lifestyles member and gain access to Centre AT7, The Alan Higgs Centre, Xcel Leisure Centre and The Wave*! Visit www.cvlifestyles.co.uk.

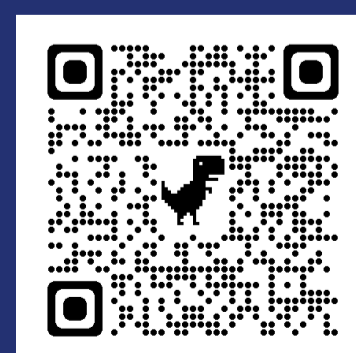
*excludes Mana Spa. A bolt on is available to purchase onto an Membership to use Mana Spa's Spa Pool, Aromatherapy, Stream and Sauna Rooms.

Safety Guidance

- You must contact reception before entering the health suite.
- During quiet times, staff may enter to clean and certain area will potentially close if deep clean is required.
- Capacity is 5 steam room, 4 sauna and 3 spa.
- Your health suite band entitles you to 45 minutes maximum (this is to allow other user to use the suite).

On Monday – Friday, our Health Suite will close at 12:45pm and will be deep cleaned Monday to Friday 1:00pm – 3:00pm.

Find our timetable online by visiting:



www.cvlifestyles.co.uk/health-suites