

# HEALTH SUITE TIMETABLE AT CENTRE AT7



MONDAY 22ND JULY TO 1ST SEPTEMBER AT CENTRE AT7

Our centre will be open from 9am - 6pm on Monday 26th August.

## MONDAYS

7:00am - 9:30am (Running from 9:00am on 26th August)	Standard
10:00am - 1:00pm (Running from 11:00am on 5th August)	Standard
3:30pm - 8:00pm	Standard
7:45pm - 9:00pm	Female Only

## TUESDAYS

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

## WEDNESDAYS

7:00am - 9:30am	Standard
10:00am - 1:00pm (Running from 11:00am on 5th August)	Standard
12:00pm - 1:00pm	Standard
3:30pm - 8:45pm	Standard

## THURSDAYS

7:00am - 9:30am	Standard
10:00am - 1:00pm (Running from 11:00am on 5th August)	Standard
12:00pm - 1:00pm	Standard
3:30pm - 8:45pm	Standard

## FRIDAYS

7:00am - 9:30am	Standard
10:00am - 1:00pm (Running from 11:00am on 5th August)	Standard
3:30pm - 8:00pm	Standard
8:15pm - 9:00pm	Male Only

## SATURDAYS

9:00am - 5:45pm	Standard
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## SUNDAYS

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

## HEALTH SUITE PRICES

Members	FREE
Standard	£9.40
Go CV	£7.60
GO CV + Concession	£6.40

## HEALTH SUITE COMBI PRICES

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

Members	FREE
Standard	£10.90
Go CV	£9.40
GO CV + Concession	£7.40

**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](http://www.cvlifestyles.co.uk).**

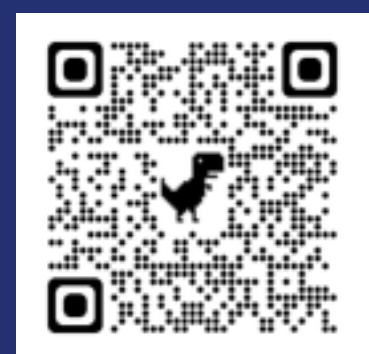
\*excludes Mana Spa. A bolt on is available to purchase onto an Membership to use Mana Spa's Spa Pool, Aromatherapy, Stream and Sauna Rooms.

### 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](http://www.cvlifestyles.co.uk/health-suites)