

HEALTH SUITE TIMETABLE AT CENTRE AT7



MONDAY 23RD DECEMBER TO SUNDAY 5TH JANUARY AT CENTRE AT7

MONDAY 23RD DECEMBER

7:00am – 9:30am	Standard
10:00am – 12:45pm	Standard
3:30pm – 6:00pm	Standard

TUESDAY 24TH, WEDNESDAY 25TH AND THURSDAY 26TH DECEMBER OUR CENTRE WILL NOT BE OPEN

FRIDAY 27TH DECEMBER

8:30am – 9:30am	Standard
10:00am – 12:45am	Standard
3:30pm – 6:00pm	Standard

SATURDAY 28TH DECEMBER

9:00am – 4:30pm	Standard
-----------------	----------

SUNDAY 29TH DECEMBER

9:00am – 9:45am	Standard
10:00am – 12:00pm	Female Only
12:15pm – 4:30pm	Standard

MONDAY 30TH DECEMBER

8:30am – 9:30am	Standard
10:00am – 12:45pm	Standard
3:30pm – 6:00pm	Standard

TUESDAY 31ST DECEMBER AND WEDNESDAY 1ST JANUARY OUR CENTRE WILL NOT BE OPEN

THURSDAY 2ND JANUARY

7:00am – 9:30am	Standard
10:00am – 12:45pm	Standard
3:30pm – 8:45pm	Standard

FRIDAY 3RD JANUARY

7:00am – 9:30am	Standard
10:00am – 12:45pm	Standard
3:30pm – 8:00pm	Standard
8:15pm – 9:00pm	Male Only

SATURDAY 4TH JANUARY

9:00am – 4:30pm	Standard
-----------------	----------

SUNDAY 5TH JANUARY

9:00am – 10:00am	Standard
10:00am – 12:00pm	Female Only
12:15pm – 4:30pm	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.

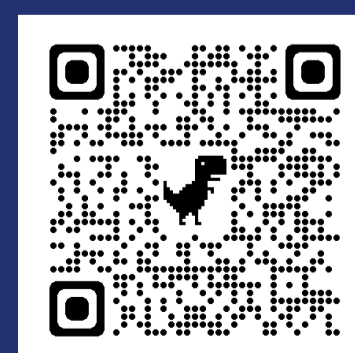
*excludes Mana Spa. A bolt on is available to purchase onto an Membership to use Mana Spa's Spa Pool, Aromatherapy, Stream and Sauna Rooms.

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