

HEALTH SUITE TIMETABLE AT CENTRE AT7



MONDAY 14TH AND 21ST APRIL

On 21st April, our Centre will be open from 9:00pm – 6:00pm

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| 7:00am – 9:30am 8:30am – 9:30am on 21 st April | Standard |
| 10:00am – 12:45pm | Standard |
| 3:30pm – 8:00pm 3:30pm – 6:00pm on 21 st April | Standard |
| 8:15pm – 9:00pm No session due on 21 st April due to bank holiday opening times | Female Only |

TUESDAY 15TH AND 22ND APRIL

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|--------------------------|-------------|
| 7:00am – 9:30am | Standard |
| 10:00am – 10:45am | Female Only |
| 11:00am – 12:45pm | Standard |
| 3:30pm – 8:45pm | Standard |

WEDNESDAY 16TH AND 23RD APRIL

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

THURSDAY 17TH AND 24TH APRIL

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

FRIDAY 18TH AND 25TH APRIL

On 18th April, our Centre will be open from 9:00pm – 6:00pm

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| 7:00am – 9:30am 8:30am – 9:30am on 17 th April | Standard |
| 10:00am – 12:45pm | Standard |
| 3:30pm – 8:00pm 3:30pm – 6:00pm on 18 th April | Standard |
| 8:15pm – 9:00pm No session due on 17 th April due to bank holiday opening times | Male Only |

SATURDAY 18TH AND 26TH APRIL

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|------------------------|----------|
| 9:00am – 4:30pm | Standard |
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SUNDAY 20TH AND 27TH APRIL

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

HEALTH SUITE PRICES

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| Members | FREE |
| Standard | £10.00 |
| Go CV | £8.00 |
| GO CV + Concession | £6.50 |

HEALTH SUITE COMBI PRICES

Combine a swim session with a health suite session.

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| Members | FREE |
| Standard | £11.50 |
| Go CV | £9.80 |
| GO CV + Concession | £8.00 |

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.

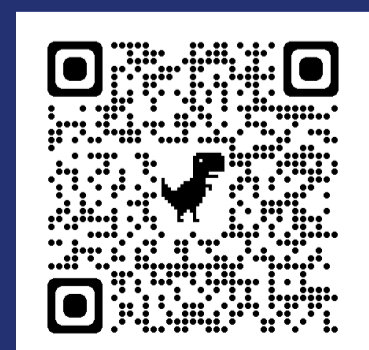
*excludes Mana Spa. A bolt on is available to purchase onto an Membership to use Mana Spa's Spa Pool, Aromatherapy, Stream and Sauna Rooms.

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 12 Steam Room, 9 Sauna and 6 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 – 3:30pm to be deep cleaned.

Find our timetable online by visiting:



www.cvlifestyles.co.uk/health-suites