

HEALTH SUITE TIMETABLE AT CENTRE AT7



MONDAY 26TH MAY – BANK HOLIDAY

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

TUESDAY 27TH MAY

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

WEDNESDAY 28TH MAY

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

THURSDAY 29TH MAY

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

FRIDAY 30TH MAY

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

SATURDAY 31ST MAY

9:00am – 4:30pm	Standard
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SUNDAY 1ST JUNE

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

HEALTH SUITE COMBI PRICES

Combine a swim session with a health suite session.

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 h
- user to

On Mond
cleaned.

HEALTH SUITE PRICES

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

Find our timetable online by visiting:



www.cvlifestyles.co.uk/health-suites