

HEALTH SUITE TIMETABLE AT CENTRE AT7

Monday 21st July to Monday 1st September 2025



MONDAYS

Our centre will be open from 8:30am – 6:00pm on Monday 25th August

7:00am – 2:00pm	Standard
25 th August Only: from 8:30am	
1 st September Only: to 9:00am	
3:30pm – 6:00pm	Standard
1 st September Only: to 8:00pm	
1 st September Only: 8:15pm – 9:00pm	Female only

TUESDAYS

7:00am – 9:30am	Standard
10:00am – 10:45am	Female Only
11:00am – 2:00pm	Standard
3:30pm – 8:45pm	Standard

WEDNESDAYS

7:00am – 2:00pm	Standard
3:30pm – 8:45pm	Standard

THURSDAYS

7:00am – 2:00am	Standard
3:30pm – 8:45pm	Standard
8:15pm – 9:00pm	Male Only

FRIDAYS

7:00am – 2:00pm	Standard
3:30pm – 8:00pm	Standard
8:15pm – 9:00pm	Male Only

SATURDAYS

9:00am – 4:30pm	Standard
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SUNDAYS

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

HEALTH SUITE PRICES

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.

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.

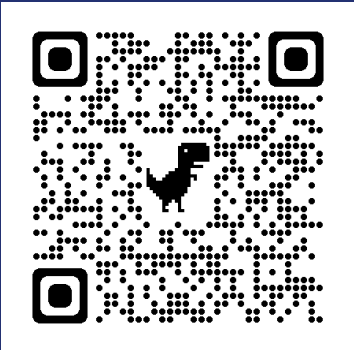
*excludes Mana Spa. A bolt on is available to purchase onto an Membership to use Mana Spa’s Spa Pool, Aromatherapy, Stream and Sauna Rooms.

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