

HEALTH SUITE TIMETABLE AT CENTRE AT7



MONDAY 22ND DECEMBER 2025 TO SUNDAY 4TH JANUARY 2026
CENTRE CLOSED ON: WEDNESDAY 24TH, THURSDAY 25TH, FRIDAY 25TH, WEDNESDAY 31ST DECEMBER AND THURSDAY 1ST JANUARY

MONDAY 22ND DECEMBER

6:30am – 12:45pm	Standard
3:30pm – 8:00pm	Standard
8:15pm – 9:00pm	Female Only

TUESDAY 23RD DECEMBER

6:30am – 9:30am	Standard
10:00am – 10:45am	Female Only
11:00am – 12:45pm	Standard
3:30pm – 6:00pm	Standard

SATURDAY 27TH DECEMBER

8:30am – 5:00pm	Standard
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SUNDAY 28TH DECEMBER

8:30am – 9:45am	Standard
10:00am – 12:00pm	Female Only
12:15pm – 4:30pm	Standard

MONDAY 29TH DECEMBER

9:00am – 3:35pm	Standard
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TUESDAY 30TH DECEMBER

9:00am – 9:45am	Standard
10:00am – 10:45am	Female Only
11:15am – 3:30pm	Standard

FRIDAY 2ND JANUARY

6:30am – 12:45pm	Standard
3:30pm – 8:00pm	Standard
8:15pm – 9:00pm	Male Only

SATURDAY 3RD JANUARY

8:30am – 5:00pm	Standard
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SUNDAY 4TH JANUARY

8:30am – 9:45am	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 swim 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 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