

HEALTH SUITE TIMETABLE AT CENTRE AT7

MONDAY 20th JULY TO SUNDAY 30TH AUGUST 2026



MONDAYS

6:30am – 12:45pm Until 9:30am on 20 th July	Standard
3:15pm – 8:00pm Starting at 4:00pm on 20 th July	Standard
8:15pm – 9:00pm	Female Only

TUESDAYS

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

WEDNESDAYS

6:30am – 9:00pm	Standard
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THURSDAYS

6:30am – 9:00pm	Standard
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FRIDAYS

6:30am – 12:45pm	Standard
12:45pm – 3:15pm Not running 29 th August	Standard
3:15pm – 8:00pm	Standard
8:15pm – 9:00pm	Male Only

SATURDAYS

8:30am – 5:00pm	Standard
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SUNDAYS

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

HEALTH SUITE PRICES

Members	FREE
Standard	£10.20
Go CV	£8.20
GO CV + Concession	£6.70

HEALTH SUITE COMBI PRICES

Combine a swim session with a health suite session.

Members	FREE
Standard	£12.00
Go CV	£10.00
GO CV + Concession	£8.20

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.

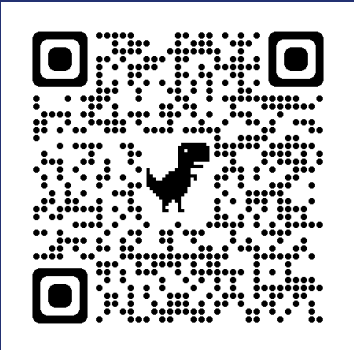
*excludes Mana Spa. A bolt on is available to purchase onto an Membership to use Mana Spa’s Spa Pool, Aromatherapy, Stream and Sauna Rooms.

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