

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	
6.30-7.00	Health suite	Health suite	Health suite	Health suite	Health suite	Closed	Closed	6.30-7.00
7.00 - 7.30								7.00 - 7.30
7.30 - 8.00						7.30 - 8.00		
8.00 - 8.30						8.00 - 8.30		
8.30 - 9.00						8.30 - 9.00		
9.00 - 9.30						9.00 - 9.30		
9.30 - 10.00						9.30 - 10.00		
10.00 - 10.30						10.00 - 10.30		
10.30 - 11.00						10.30 - 11.00		
11.00 - 11.30						11.00 - 11.30		
11.30 - 12.00						11.30 - 12.00		
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14.00 - 14.30						14.00 - 14.30		
14.30 - 15.00						14.30 - 15.00		
15.00 - 15.30						15.00 - 15.30		
15.30 - 16.00						15.30 - 16.00		
16.00 - 16.30				16.00 - 16.30				
16.30 - 17.00				16.30 - 17.00				
17.00 - 17.30	17.00 - 17.30							
17.30 - 18.00	17.30 - 18.00							
18.00 - 18.30	18.00 - 18.30							
18.30 - 19.00	18.30 - 19.00							
19.00 - 19.30	19.00 - 19.30							
19.30 - 20.00	19.30 - 20.00							
20.00 - 20.30	20.00 - 20.30							
20.30 - 21.00	20.30 - 21.00							
21.00-21.30	21.00-21.30							
21.30-22.00	Closed	Closed	Closed	Closed	Closed	Facility Closed	Facility Closed	21.30-22.00

The Health Suite is a Members Only area, sessions are available to book online or at reception. Please respect the Health Suite rules displayed in this area to ensure the safety of yourself and others. If you are found disrespecting this area, or other members you will be asked to leave.

