

# Health Spa Opening Times

<b>Mondays</b>	<b>10.00 - 12.00</b>	<b>14.00 - 16.00</b>	<b>18.00 - 21.00</b>
<b>Tuesdays</b>	<b>09.00 - 11.00</b>	<b>13.00 - 15.00</b>	<b>18.00 - 21.00</b>
<b>Wednesdays</b>	<b>10.00 - 12.00</b>	<b>14.00 - 16.00</b>	<b>18.00 - 21.00</b>
<b>Thursdays</b>	<b>09.00 - 11.00</b>	<b>13.00 - 15.00</b>	<b>18.00 - 21.00</b>
<b>Fridays</b>	<b>10.00 - 12.00</b>	<b>14.00 - 16.00</b>	<b>18.00 - 21.00</b>
<b>Saturdays</b>	<b>10.00 - 13.00</b>	<b>15.00 - 17.00</b>	
<b>Sundays</b>	<b>10.00 - 12.00</b>	<b>14.00 - 16.00</b>	<b>18.00 - 21.00</b> Silver & Gold members with Spa option included

The Jacuzzi will be available for use outside the above timetable, from when the Health Spa opens to when it closes for the day. Please note the above end times are when the sauna and steam room will be switched off. It is likely that they will remain warm enough to use for at least half an hour after this time.

Please note that usage of all our services are constantly under review and may be subject to change based on demand. Thank you