

Health Suite Programme

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.30 – 12.00 Mixed	06.30 – 12.00 Mixed	06.30 – 12.00 Mixed	06.30 – 12.00 Mixed	06.30 – 12.00 Mixed	08.00 – 12.00 Mixed	08.00 – 12.00 Mixed
13.00 – 16.00 Mixed	13.00 – 16.00 Mixed	13.00 – 16.00 Mixed	13.00 – 16.00 Mixed	13.00 – 16.00 Female Only	13.00 – 17.30 Mixed	13.00 – 17.30 Mixed
17.00 – 21.30 Mixed	17.00 – 21.30 Mixed	17.00 – 21.30 Mixed	17.00 – 21.30 Female only	17.00 – 21.30 Mixed		18.00 – 20.00 Female only

Cleaning and clearance of area at

- 12.00
- 16.00
- 21.30

Health Suite switched off 15mins prior to closing.

Bookable times and space allocation

- 06.30 – 12.00 – 45 spaces
- 13.00 – 16.00 – 30 spaces
- 17.00 – 21.30 – 45 spaces

Sessions can only be booked on day of use and we cannot take bookings the day in advance.

Control

This is an Access control zone. No UNDER 16s permitted in this area.