

# Health Suite Opening Times

## Seymour Leisure Centre

DAY	TIME	SESSION
Monday	09.00 - 14.00	Women Only
	15.00 - 20.30	Mixed
Tuesday	09.00 - 14.00	Men Only
	15.00 - 20.30	Mixed
Wednesday	09.00 - 14.00	Mixed
	15.00 - 20.30	Mixed
Thursday	09.00 - 14.00	Mixed
	15.00 - 20.30	Women Only
Friday	09.00 - 14.00	Mixed
	15.00 - 20.30	Men Only
Saturday	09.00 - 14.00	Men Only
	15.00 - 19.30	Women Only
Sunday	09.00 - 14.00	Mixed
	15.00 - 19.30	Mixed

Times correct as at March 2018.

Please check [www.everyoneactive.com](http://www.everyoneactive.com) for any timetable changes.