

# Neptune Leisure Centre

## Sauna & Steam Room Timetable

	<b>Session</b>	<b>Time</b>	<b>Session</b>	<b>Time</b>
Monday	Male	6.15am - 2.00pm	Female	2.30pm - 9.00pm
Tuesday	Female	6.15am - 2.00pm	Male	2.30pm - 9.00pm
Wednesday	Male	6.15am - 2.00pm	Female	2.30pm - 9.00pm
Thursday	Male	6.15am - 2.00pm	Female	2.30pm - 9.00pm
Friday	Female	6.15am - 12.00pm	Male	12.30pm - 6.30pm
Saturday	Male	8.00am - 11.00am	Female	11.30am - 2.30pm
Sunday	Mixed	8.00am - 2.00pm		