

Spa Session Times

| Day | Session | Opening Hours | Last Entry |
|-----------|-------------|---------------|------------|
| Monday | Male Only | 10.00-22.00 | 20.00 |
| Tuesday | Female Only | 10.00-22.00 | 20.00 |
| Wednesday | Male Only | 10.00-22.00 | 20.00 |
| Thursday | Female Only | 10.00-22.00 | 20.00 |
| Friday | Female Only | 10.00-22.00 | 20.00 |
| Saturday | Male Only | 10.00-22.00 | 20.00 |
| Sunday | Female Only | 10.00-16.00 | 14.00 |
| Sunday | Mixed | 16.00-22.00 | 20.00 |

Please note:

Last entry to the spa is 2 hours before the spa closes.

The sauna, steam rooms and hot rooms close down 1 hour before closing time, please arrive before then to avoid disappointment.

The timetable is subject to change

everyone
ACTIVE

Feel better for it