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| ***CENTRE OPENING HOURS*** | |
| Monday | 1.00pm – 8.00pm |
| Tuesday | 9:30am – 9:00pm |
| Wednesday | 1:00pm – 8:00pm |
| Thursday | 9:30am – 8:00pm |
| Friday | 4.00pm – 7:00pm |
| Saturday | 7.45am – 12.45pm |
| Sunday | Closed |
|  |  |

A picture containing text, clipart

Description automatically generated

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| **GYM & STRENGTH** | | | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 1:00-4:00pm | 9:45am-1:00pm | 1.00-4.00pm | 9:45am-1.00pm | 4.00pm-7.00pm | 8.00am-12.15pm |
| 4:00-7:30pm | 1:00-4:00pm | 4:00-7:30pm | 1:00-4:00pm |  |  |
|  | 4:00-8:30pm |  | 4:00-7:30pm |  |  |

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| **STEAM ROOM, SAUNA & SPA** | | | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 1:00-3:00pm | 12:00-3:00pm | 1:00-3:00pm | 12:00-3:00pm | **Not available** | 8:30am-11:30am |
| 3:00-5:00pm | 3:00-5:00pm | 3:00-5:00pm | 3:00-5:00pm |  |  |
| 5:00-7:00pm | 5:00-8:00pm | 5:00-7:00pm | 5:00-7:00pm |  |  |

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|  | | **SWIMMING POOL** | | | | | | | | |
| **Monday** | | | **Tuesday** | | **Wednesday** | | **Thursday** | | **Friday** | **Saturday** |
| General | Lane | | General | Lane | General | Lane | General | Lane | General | General |
| 3-4pm | 1:10-1:55pm  Aquatrim | | 9:45am-11am | 11am-12pm | 1-2pm | 2-3pm | 9.45am-11am | 11am-11:45am Aquatrim | 4pm-5pm | 8:00-9:15am |
| 4-5pm | 2-3pm | | 12-1pm | 1-2pm | 4-5pm | 3-4pm | 12-1pm | 1-2pm | 5pm-5.45pm  \* Float Party | 9:15-10:15am |
| 5-6pm |  | | 3-4pm | 2-3pm | 5-6pm | 6-7pm | 3-4pm | 2-3pm | 6pm-6.45pm  \* Float Party | 10:15-11:15am |
| 6-7pm  *Deep Swim* |  | | 4-5pm |  |  |  | 4-5pm |  |  |  |
|  |  | | 5-6pm |  |  |  | 5-6pm |  |  |  |
|  |  | | 6-7pm  *Deep Swim* |  |  |  | 6-7pm  *Deep Swim* |  |  |  |

The Fun swim will be held every 2nd Friday from 6pm-6.45pm: enquire for details. When the fun swim is on, the General Swim will be from 4pm-4.45pm. The float party sessions will be 4.45pm-5.30pm and 6pm-6.45pm respectively.

**Please note** swimming lessons can be in various areas of the pool during a general swim.

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| **SUNBED** |
| The Sunbed is available to book from 1-7pm for 20 minute sessions Monday’s & Thursday’s. Between 12-8pm on a Tuesday & 12-7pm on a Thursday. Saturdays between 8am -12 pm. |