

Health Suite Opening Times

Holiday Timetable at Centre AT7

Monday

7:00am - 9:30am

10:00am - 1:00pm

3:00pm - 8:45pm

Tuesday

7:00am - 9:30am

11:00am - 1:00pm

3:00pm - 8:00pm

Wednesday

7:00am - 9:30am

12:00pm - 1:00pm

3:00pm - 8:45pm

Thursday

7:00am - 9:30am

10:00am - 1:00pm

3:00pm - 8:45pm

Friday

7:00am - 9:30am

10:00am - 1:00pm

3:00pm - 8:45pm

Saturday

9:00am - 4:45pm

Sunday

9:00am - 9:55pm

11:00am - 12:45pm

1:00pm - 2:00pm (Ladies Only)

2:00pm - 4:00pm

5:00pm - 5:45pm

6:15pm - 7:00pm (Male Only)