

# Spa opening times

**Monday** 08:00 - 20:15 Mixed Session  
20:30 - 21:30 Male Only

**Tuesday** 08:00 - 20:15 Mixed Session  
20:30 - 21:30 Male Only

**Wednesday** 08:00 - 14:00 Mixed Session  
14:00 - 18:00 CLOSED  
18:00 - 20:15 Mixed Session  
20:30 - 21:30 Male Only

**Thursday** 08:00 - 19:45 Mixed Session  
20:00 - 21:00 Female Only

**Friday** 08:00 - 20:15 Mixed Session  
20:30 - 21:30 Ladies Only

**Saturday** 09:00 - 18:00 Mixed Session

**Sunday** 09:00 - 18:00 Mixed Session  
18:30 - 21:00 Ladies Only