

Health Club Christmas Opening Times	Thursday Christmas Eve	Friday Christmas Day	Saturday Boxing Day	Sunday 27th	Monday 28th	Tues/Wed 29th/30th	Thursday New Year's Eve	Friday New Year's Day	Saturday 2nd
Aberdeen	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	10.00 - 18.00
Ashford	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Ayr	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	10.00 - 18.00
Banbury	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Barnsley	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Belfast	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Blackpool	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Braintree	08:00 - 16:00	Closed	Closed	Normal	10.00 - 18.00	Normal	08:00 - 18:00	10:00 - 18:00	Normal
Brindley Place	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Bristol	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Broadstairs	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Burton on Trent	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Cardiff	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Carlisle	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Chafford	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Charlton House	Normal	Normal	Normal	Normal	Normal	Normal	Normal	Normal	Normal
Chester le Street	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Chingford	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Bury St Edmunds	08.00 - 16.00	Closed	Closed	10.00 - 18.000	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Kingsford Park	08.00 - 16.00	Closed	Closed	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Colchester	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Cookridge	08.00 - 16.00	Closed	Closed	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Coulby Newham	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Crewe	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Darlington	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Dumfries	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	10.00 - 18.00
Dunfermline	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	10.00 - 18.00
Durham	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Eastbourne	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Edinburgh	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	10.00 - 18.00
Fairfield	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Falkirk	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	10.00 - 18.00
Folkestone	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Grove Park	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal

Millbank and Tower 42 are both temporarily closed due to London COVID restrictions.

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Hastings	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Humberston	08.00 - 16.00	Closed	Closed	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Ingleby Barwick	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Inverness	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	10.00 - 18.00
Leicester	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	Closed	Normal
Livingston	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	10.00 - 18.00
Lowestoft	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Luton	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Maida Vale	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	08.00 - 16.00	Normal
Manchester Q	08.00 - 16.00	Closed	Closed	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	Closed	Normal
Manchester W	08.00 - 16.00	Closed	Closed	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	Closed	Normal
Mansfield	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Milton Keynes	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
NCH	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	10.00 - 18.00
Newport	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Norwich	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Norwich West	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Orpington	08.00 - 16.00	Closed	Closed	10.00 - 18.00	Closed	Normal	08.00 - 16.00	Closed	Normal
Perth	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	10.00 - 18.00
Peterborough	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Rotherham	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Shrewsbury	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Skelmersdale	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Solihull	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Stepps	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	10.00 - 18.00
Sutton Coldfield	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Tamworth	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Wakefield	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Wellingborough	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Weybridge	08.00 - 16.00	Closed	Closed	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	Closed	Normal
Wildmoor	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
Worksop	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal
York	08.00 - 16.00	Closed	10.00 - 18.00	10.00 - 18.00	10.00 - 18.00	Normal	08.00 - 16.00	10.00 - 18.00	Normal

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