

Health Club Christmas Opening Times	Christmas Eve Sunday 24th	Christmas Day Monday 25th	Boxing Day Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th	New Years Eve Sunday 31st	New Years Day Monday 1st	Tuesday January 2nd
Aberdeen	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	08:00 - 20:00
Ashford	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Ayr	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	08:00 - 20:00
Banbury	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Barnsley	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Belfast	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Blackpool	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Braintree	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Brindley Place	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Bristol	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Broadstairs-Just Fitness	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Broadstairs	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Burton on Trent	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Cardiff	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Carlisle	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Chafford	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Chester le Street	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Chingford	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Bury St Edmunds	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Kingsford Park	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Colchester	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Cookridge	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Coulby Newham	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Crewe	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Darlington	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Dumfries	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	08:00 - 20:00
Dunfermline	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	08:00 - 20:00
Durham	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Eastbourne	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Edinburgh	08:00 - 16:00	Closed	Closed	08:00 - 18:00	08:00 - 18:00	08:00 - 18:00	08:00 - 18:00	08:00 - 16:00	Closed	08:00 - 20:00
Fairfield	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Falkirk	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	08:00 - 20:00
Folkestone	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Grove Park	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal

All clubs are CLOSED on Christmas Day and New Year's Day

Health Club Christmas Opening Times	Christmas Eve Sunday 24th	Christmas Day Monday 25th	Boxing Day Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th	New Years Eve Sunday 31st	New Years Day Monday 1st	Tuesday January 2nd
Hastings	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Humberston	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Ingleby Barwick	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Inverness	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	08:00 - 20:00
Leeds	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Leicester	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Livingston	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	08:00 - 20:00
Lowestoft	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Luton	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Maida Vale	09:00 - 17:00	Closed	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 21:00	09:00 - 16:00	Closed	Normal
Manchester Quay	08:00 - 16:00	Closed	Closed	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	08:00 - 16:00	Closed	Normal
Manchester Whitworth	08:00 - 16:00	Closed	Closed	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	08:00 - 16:00	Closed	Normal
Mansfield	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Millbank	Closed	Closed	Closed	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	08:00 - 16:00	Closed	Closed	Normal
Milton Keynes	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Newcraighall	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	08:00 - 20:00
Newport	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Norwich	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Norwich West	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Orpington	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Perth	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	08:00 - 20:00
Peterborough	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Rotherham	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Shrewsbury	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Skelmersdale	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Solihull	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Stepps	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	08:00 - 20:00
Sutton Coldfield	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Tamworth	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Wakefield	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Wellingborough	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Weybridge	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Wildmoor	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
Worksop	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal
York	08:00 - 16:00	Closed	Closed	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 16:00	Closed	Normal

All clubs are CLOSED on Christmas Day and New Year's Day



Members can use Maida Vale