

Health Club Christmas Opening Times	Monday 23rd December	Christmas Eve Tuesday 24th	Christmas Day Wednesday 25th	Boxing Day Thursday 26th	Friday 27th December	Saturday 28th December	Sunday 29th December	Monday 30th December	New Years Eve Tuesday 31st	New Years Day Wednesday 1st	Thursday 2nd January
Aberdeen	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	08:00 - 20:00
Ashford	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Ayr	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	08:00 - 20:00
Banbury	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Barnsley	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Belfast	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Blackpool	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Braintree	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 18:00	08:00 - 17:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Brindley Place	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Bristol	Normal Hours	07:00 - 16:00	Closed	Closed	07:00 - 20:00	08:30 - 20:00	08:30 - 20:00	07:00 - 20:00	07:00 - 16:00	Closed	Normal Hours
Broadstairs-Just Fitness	Normal Hours	05:30 - 16:00	Closed	Closed	05:30 - 20:00	08:00 - 20:00	08:00 - 20:00	05:30 - 20:00	05:30 - 16:00	Closed	Normal Hours
Broadstairs	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Burton on Trent	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Cardiff	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Carlisle	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Chafford	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Chester le Street	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Chingford	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Bury St Edmunds	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Kingsford Park	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Colchester	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Cookridge	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Coulby Newham	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Crewe	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Darlington	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Dumfries	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	08:00 - 20:00
Dunfermline	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	08:00 - 20:00
Durham	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Eastbourne	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Edinburgh	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	09:00 - 18:00	09:00 - 18:00	06:00 - 20:00	06:00 - 16:00	Closed	08:00 - 20:00
Fairfield	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 19:00	09:00 - 18:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Falkirk	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	08:00 - 20:00
Folkestone	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Grove Park	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours

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

Health Club Christmas Opening Times	Monday 23rd December	Christmas Eve Tuesday 24th	Christmas Day Wednesday 25th	Boxing Day Thursday 26th	Friday 27th December	Saturday 28th December	Sunday 29th December	Monday 30th December	New Years Eve Tuesday 31st	New Years Day Wednesday 1st	Thursday 2nd January
Hastings	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Humberston	Normal Hours	06:30 - 16:00	Closed	Closed	06:30 - 20:00	08:00 - 20:00	08:00 - 20:00	06:30 - 20:00	06:30 - 16:00	Closed	Normal Hours
Ingleby Barwick	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Inverness	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	08:00 - 20:00
Leeds	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Leicester	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Livingston	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	08:00 - 20:00
Lowestoft	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Luton	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Maida Vale	Normal Hours	06:00 - 16:00	Closed	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Manchester W	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 18:00	08:00 - 18:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Mansfield	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Millbank	Normal Hours	06:00 - 16:00	Closed	Closed	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	Closed	Closed	Normal Hours
Milton Keynes	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Newcraighall	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	08:00 - 20:00
Newport	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Norwich	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Norwich West	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Orpington	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Perth	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	08:00 - 20:00
Peterborough	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Rotherham	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Shrewsbury	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Skelmersdale	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Solihull	Normal Hours	06:30 - 16:00	Closed	Closed	06:30 - 20:00	08:00 - 20:00	08:00 - 20:00	06:30 - 20:00	06:30 - 16:00	Closed	Normal Hours
Stepps	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	08:00 - 20:00
Sutton Coldfield	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Tamworth	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Wakefield	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Wellingborough	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Weybridge	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
Wildmoor	Normal Hours	06:30 - 16:00	Closed	Closed	06:30 - 20:00	08:00 - 20:00	08:00 - 20:00	06:30 - 20:00	06:30 - 16:00	Closed	Normal Hours
Worksop	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours
York	Normal Hours	06:00 - 16:00	Closed	Closed	06:00 - 20:00	08:00 - 20:00	08:00 - 20:00	06:00 - 20:00	06:00 - 16:00	Closed	Normal Hours

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