

EAST HAM LEISURE CENTRE

HEALTH SUITE TIME TABLE

MONDAY

6.00am – 9.00am	Ladies
9.30am – 11.30am	Ladies
12.00pm – 2.00pm	Male
2.30pm – 4.30pm	Male
5.00pm – 7.00pm	Ladies
7.30pm – 9.30pm	Ladies

TUESDAY

6.00am – 9.00am	Male
9.30am – 11.30am	Male
12.00pm – 2.00pm	Ladies
2.30pm – 4.30pm	Ladies
5.00pm – 7.00pm	Male
7.30pm – 9.30pm	Male

WEDNESDAY

6.00am – 9.00am	Ladies
9.30am – 11.30am	Ladies
12.00pm – 2.00pm	Male
2.30pm – 4.30pm	Male
5.00pm – 7.00pm	Ladies
7.30pm – 9.30pm	Ladies

THURSDAY

6.00am – 9.00am	Male
9.30am – 11.30am	Male
12.00pm – 2.00pm	Ladies
2.30pm – 4.30pm	Ladies
5.00pm – 7.00pm	Male
7.30pm – 9.30pm	Male

FRIDAY

6.00am – 9.00am	Ladies
9.30am – 11.30am	Ladies
12.00pm – 2.00pm	Male
2.30pm – 4.30pm	Male
5.00pm – 7.00pm	Ladies
7.30pm – 9.30pm	Ladies

SATURDAY

8.00am – 10.00am	Ladies
10.30am – 12.30pm	Ladies
1.00pm - 2.30pm	Male
3.00pm – 5.00pm	Male
5.30pm – 7.30pm	Male

SUNDAY

8.00am – 10.00am	Male
10.30am – 12.30pm	Male
1.00pm - 2.30pm	Ladies
3.00pm – 4:30pm	Ladies
5.30pm – 7.30pm	Mixed** NEW

Customers must book a session and collect their ticket from the kiosk.

There are 30 tickets available per 2 hour session. Each ticket is valid for 90 minutes.

Peak and Off Peak Memberships / Hours still apply. i.e. All Evening Sessions from 5pm onwards are Peak. Saturday Sessions are Off Peak. Sunday Sessions are Peak.

**** PLEASE NOTE: Mixed session is a shared changing room. We therefore advise changing in the dry side and wet side changing room prior to entry and after. Please wear suitable swimwear prior to entry.**

CCTV is in operation in all sessions in main health suite area.

Terms and conditions available on activeNewham website and displayed within Health Suite.