



Christmas Opening Times 2022

Friday 23rd December

Normal Opening Times

Saturday 24th December

Gym, Pool & Energy 7am - 12pm

Refuel Cafe 9am - 12pm

Spa Thermal Journey Closed

XHeight Closed

Sunday 25th - Tuesday 27th December

Closed

Wednesday 28th - Friday 30th December

Normal Opening Times

Saturday 31st December

Gym, Pool & Energy 7am - 12pm

Refuel Cafe 9am - 12pm

Spa Thermal Journey Closed

XHeight Closed

Sunday 1st - Monday 2nd January

Closed

Merry Christmas to all of our customers!