

# HEALTH SUITE OPENING HOURS

**@ GRAND CENTRAL**

**Monday, Tuesday, Wednesday & Friday**

**7.00am-2.30pm**

**3.00pm-9.30pm**

**Thursday**

**7.00am-10.00am**

**10.15am-12.00noon (Female Only)**

**12.30pm-9.30pm**

**Saturday**

**8.00am-3.00pm**

**Sunday**

**8.00am-3.00pm**

**4.00pm-8.00pm (Female Only)**

[www.lifeleisure.net](http://www.lifeleisure.net)