

Peckham Pulse Healthy Living Centre Spa Suite

Relax and feel the heat - If you want to feel relaxed and refreshed, few things are as effective as a jacuzzi, a steam or a sauna.

	9.00 - 11.00	11.30 - 13.30	14.00 - 16.00	16.30 - 18.30	19.00 - 21.00
monday	mixed	women	mixed	mixed	mixed
tuesday	mixed	mixed	mixed	women	women
wednesday	50+	mixed	women	men	mixed
thursday	mixed	mixed	mixed	women	mixed
friday	women	mixed	men	mixed	mixed
saturday	mixed	mixed	women	mixed	Closed
sunday	mixed	mixed	mixed	mixed	Closed

Centre Opening Hours

Mon - Fri 7.00am - 10.00pm
Sat & Sun 7.00am - 8.00pm

Spa sessions guide

Women: women only

Men: men only

50+: aged 50 years and over

Mixed: suitable for male & female.

The Spa Suite can only be paid for on the day and secured with payment.

For your safety

Remember you will probably get thirsty so drink plenty of water.

We advise you do not use the sauna or steam without consulting your GP if you suffer from any of the following conditions:

- CV conditions such as angina
- Abnormally high or low blood pressure
- Congestive conditions of the lungs
- Epilepsy
- Diabetes - except with doctors permission
- Severe exhaustion

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www.fusion-lifestyle.com