

| Health Club Christmas Opening Times | Monday 22nd December | Tuesday 23rd December | Christmas Eve Wednesday 24th | Christmas Day Thursday 25th | Boxing Day Friday 26th | Saturday 27th December | Sunday 28th December | Monday 29th December | Tuesday 30th December | New Years Eve Wednesday 31st | New Years Day Thursday 1st | Friday 2nd January |
|---|----------------------------|-----------------------------|------------------------------------|-----------------------------------|------------------------------|------------------------------|----------------------------|----------------------------|-----------------------------|------------------------------------|----------------------------------|--------------------------|
| Aberdeen | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | 08:00 - 20:00 |
| Ashford | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Ayr | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | 08:00 - 20:00 |
| Banbury | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Barnsley | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Belfast | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Blackpool | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Braintree | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Brindley Place | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Bristol | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Broadstairs-Just Fitness | Normal Hours | Normal Hours | 05:30 - 16:00 | Closed | Closed | Normal Hours | Normal Hours | Normal Hours | Normal Hours | 05:30 - 16:00 | Closed | Normal Hours |
| Broadstairs | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Burton on Trent | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Cardiff | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Carlisle | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Chafford | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Chester le Street | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Chingford | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Bury St Edmunds | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Kingsford Park | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Colchester | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Cookridge | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Coulby Newham | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Crewe | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Darlington | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Dumfries | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | 08:00 - 20:00 |
| Dunfermline | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | 08:00 - 20:00 |
| Durham | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Eastbourne | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Edinburgh | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | 08:00 - 20:00 |
| Fairfield | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 19:00 | 09:00 - 18:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Falkirk | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | 08:00 - 20:00 |
| Folkestone | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Grove Park | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |

| Health Club Christmas Opening Times | Monday 22nd December | Tuesday 23rd December | Christmas Eve Wednesday 24th | Christmas Day Thursday 25th | Boxing Day Friday 26th | Saturday 27th December | Sunday 28th December | Monday 29th December | Tuesday 30th December | New Years Eve Wednesday 31st | New Years Day Thursday 1st | Friday 2nd January |
|---|----------------------------|-----------------------------|------------------------------------|-----------------------------------|------------------------------|------------------------------|----------------------------|----------------------------|-----------------------------|------------------------------------|----------------------------------|--------------------------|
| Hastings | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Humberston | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Ingleby Barwick | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Inverness | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | 08:00 - 20:00 |
| Leeds | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Leicester | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Livingston | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | 08:00 - 20:00 |
| Lowestoft | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Luton | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Maida Vale | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | 09:00 - 17:00 | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | 09:00 - 17:00 | 08:00 - 20:00 |
| Mansfield | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Milton Keynes | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Newcraighall | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | 08:00 - 20:00 |
| Newport | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Norwich | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Norwich West | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Orpington | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Perth | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | 08:00 - 20:00 |
| Peterborough | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Rotherham | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Shrewsbury | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Skelmersdale | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Solihull | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Stepps | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | 08:00 - 20:00 |
| Sutton Coldfield | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Tamworth | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Wakefield | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Wellingborough | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Weybridge | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Wildmoor | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| Worksop | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |
| York | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Closed | 08:00 - 20:00 | 08:00 - 20:00 | Normal Hours | Normal Hours | 06:00 - 16:00 | Closed | Normal Hours |