

Deans Community High School Sauna Timetable from 1st January 2018

Monday

8.00am-10.15am	Mixed
10.30am-12.15pm	Women
12.30pm-3.15pm	Men
3.30pm-9.30pm	Mixed

Tuesday

8.00am-10.15am	Mixed
10.30am-12.15pm	Men
12.30pm-3.15pm	Woman
3.30pm-9.30pm	Men

Wednesday

8.00am-10.15am	Mixed
10.30am-12.15pm	Men
12.30pm-3.15pm	Mixed
3.30pm-9.30pm	Women

Thursday

8.00am-12.15pm	Mixed
12.30pm-3.15pm	Women
3.30pm-7.45pm	Men
8.00pm-9.30pm	Mixed

Friday

8.00am-10.15am	Mixed
10.30am-12.15pm	Woman
12.30pm-9.30pm	Mixed

Saturday & Sunday

9.00am-4.30pm	Mixed
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You can also have a swim when there is a public session during your sauna time if you check with the swimming timetable.

Sessions may be restricted to one hour at busy times

*Deans Community High School
Eastwood Park
Livingston
West Lothian
EH54 8PS
01506282155 option3*