

Gosforth Leisure Centre - Timetable

	LOCATION	ACTIVITY	TIME	
MONDAY	Large Pool	Adult Only Swimming	7:00-10:45	
	Large Pool	General Swimming	10:45-17:55	
	Large Pool	Water Workout	10:00-10:45	
	Large Pool	Dolphins(Pool closed Junior swim club)	18:00-19:00	
	Large Pool	Adults Only	19:05-21:00	
	LOCATION			
	Small Pool	Adult & Child/Toddler Lesson(4months-2Years)	11:00-11:30	
	Small Pool	Adult & Child/Toddler Lesson(2Years-4.5Years)	11:30-12:00	
	Small Pool	General Swimming	12:05-13:00	
	LOCATION			
	Sauna	Sauna (Men Only)	7:00-16:00	
Sauna	Sauna (Mixed)	16:00-20:30		

TUESDAY	Large Pool	Adult Only Swimming	7:00-09:00	
	Large Pool	General Swimming	09:00-17:30	
	Large Pool	Women Only	17:30-19:00	
	Large Pool	Water Workout (Ladies Only)	17:30-18:15	
	LOCATION			
	Small Pool	General Swimming	11:30-13:00	
	LOCATION			
	Sauna	Sauna (Mixed)	7:00-11:30	
	Sauna	Sauna (Ladies Only)	11:30-20:30	

WEDNESDAY	Large Pool	Adult Only Swimming	7:00-09:00	
	Large Pool	General Swimming	09:00-19:00	
	Large Pool	Water Workout	12:30-13:15	
	Large Pool	Half Pool- Adults Only	19:00-20:00	
	LOCATION			
	Small Pool	Adult & Child/Toddler Lesson(4months-2Years)	11:00-11:30	
	Small Pool	Adult & Child/Toddler Lesson(2Years-4.5Years)	11:30-12:00	
	Small Pool	General Swimming	12:05-13:00	
	Small Pool	General Swimming	17:45-19:00	
	LOCATION			
	Sauna	Sauna (Mixed Session)	7:00-20:30	

THURSDAY	Large Pool	Adult Only Swimming	7:00-09:00	
	Large pool	General Swimming	9:00-17:55	
	Large pool	Water Workout (Deep)	7:15-08:00	
	Large Pool	Dolphins(Pool closed Junior swim club)	18:00-19:00	
	Large Pool	Adult Only Swimming	19:05-21:00	
	LOCATION			
	Small Pool	General Swimming	10:10-11:20	
	Small Pool	General Swimming	12:00-13:00	
	LOCATION			
	Sauna	Sauna (Ladies Only)	7:00-16:00	
	Sauna	Sauna (Mixed Session)	16:00-20:30	

FRIDAY	Large Pool	Adult Only Swimming	7:00-09:00	
	Large pool	General Swimming	9:00-18:45	
	Large pool	Water Workout (Deep)	11:30-12:15	
	Large Pool	Dolphins(Pool closed Junior swim club)	18.45-20.15	
	LOCATION			
	Small Pool	Adult & Child/Toddler Lesson(4months-4.5Years)	10:30-11:00	
	Small Pool	Adult & Child/Toddler Lesson(4months-4.5Years)	11:00-11:30	
	Small Pool	General Swimming	11:45-13:00	
	Small Pool	General Swimming	18:00-19:00	
	LOCATION			
	Sauna	Sauna (Men Only)	7:00-16:00	
Sauna	Sauna (Mixed Session)	16:00-20:00		

SATURDAY	Large pool	General Swimming	8:00-13:30	
	Large Pool	Family Fun Session	13:30-15:00	
	Large pool	General Swimming	15:15-16:30	
	LOCATION			
	Small Pool	General Swimming	12:30-16:30	
	Small Pool	Family Fun Session	13:30-15:00	
	LOCATION			
	Sauna	Sauna (Mixed Session)	8:00-16:00	

SUNDAY	Small Pool	General Swimming	8:00-12:00	
	Large Pool	Adult Only Swimming	8:00-9:00	
	Large Pool	General Swimming	9:00-12:00	
	Small Pool	Family Fun Session	10:30-11:30	
	LOCATION			
	Sauna	Sauna (Mixed Session)	8:00-13:30	

* Centre is closed on Bank Holidays

* Please see website for Half term and holiday programmes

	LOCATION	ACTIVITY	LEVEL	INSTRUCTOR	Time
MONDAY	Gym	Fitness Centre			07:00-21:00
	Gym	Junior Gym Sessions	11-15 yrs	Gym staff	15:00-19:00
	Gym	Junior Gym Inductions	11-15 yrs	Gym staff	16:00 - 17:00
	Studio	Group Cycle	All	Instructor	07:15-08:00
	Main Pool	Water Workout	All	Instructor	10:00-10:45
	Studio	Group Cycle	All	Gym staff	12:00-12:30
	Studio	Circuits	11yrs +	Gym staff	17:45-18:30
	Studio	Pilates	All	Instructor	18:45-19:40
	Studio	Pilates	All	Instructor	19:50-20:45

TUESDAY	Gym	Fitness Centre			07:00-21:00
	Gym	Junior Gym Sessions	11-15 yrs	Gym staff	15:00-19:00
	Gym	Junior Gym Inductions	11-15 yrs	Gym staff	16:00 - 17:00
	Studio	Group Cycle	All	Gym staff	07:15-08:00
	Studio	Yoga	All	Instructor	09:30-11:00
	Studio	Aerobics	Beginner	Gym staff	11:15-12:00
	Studio	Group Cycle	All	Gym staff	12:15-13:00
	Studio	Group Cycle	11yrs +	Gym staff	17:15-17:45
	Main Pool	Water Workout (WO)	Women Only	Instructor	17:30-18:15
	Studio	Boxfit	All	Gym staff	18:00-18:45
	Studio	Yoga	All	Instructor	19:15-20:45

WEDNESDAY	Gym	Fitness Centre			07:00-21:00
	Gym	Junior Gym Sessions	11-15 yrs	Gym staff	15:00-19:00
	Gym	Junior Gym Inductions	11-15 yrs	Gym staff	16:00 - 17:00
	Studio	Group Cycle	All	Gym staff	07:15-08:00
	Main Pool	Water Workout	All	Gym staff	12:30-13:15
	Studio	Circuits / Kettlebells	11yrs +	Gym staff	17:15-17:45
	Studio	Group Cycle	All	Gym staff	18:00-18:45
	Studio	Yoga	All	Instructor	19:15-20:45

THURSDAY	Gym	Fitness Centre			07:00-21:00
	Gym	Junior Gym Sessions	11-15 yrs	Gym staff	15:00-19:00
	Gym	Junior Gym Inductions	11-15 yrs	Gym staff	16:00 - 17:00
	Main Pool	Deep Water Workout	All	Gym staff	07:15-8:00
	Studio	High Intensity Circuits	All	Gym staff	12:15-12:45
	Studio	Group Cycle	11yrs +	Gym staff	17:45-18:30
	Studio	Total Body Conditioning	All	Gym staff	18:45-19:30

FRIDAY	Gym	Fitness Centre			07:00-21:00
	Gym	Junior Gym Sessions	11-15 yrs	Gym staff	15:00-17:00
	Main Pool	Deep Water Workout	All	Gym staff	11:30-12:15
	Studio	Group Cycle	11yrs +	Gym staff	17:45-18:30

SATURDAY	Gym	Fitness Centre			08:00-16:30
	Gym	Junior Gym Sessions	11-15 yrs	Gym staff	10:00-13:00
	Gym	Junior Gym Sessions	11-15 yrs	Gym staff	14:00-16:30
	Studio	Total Body Conditioning	11yrs +	Gym staff	09:00-09:30
	Studio	Yoga	All	Instructor	10:15-11:45
	Studio	Pilates	All	Instructor	12:15-13:15

SUNDAY	Gym	Fitness Centre			08:00-13:30
	Gym	Junior Gym Sessions	11-15 yrs	Gym staff	10:00-13:30
	Studio	Group Cycle	11yrs +	Gym staff	9:15-10:00

*All bookings can be made online at www.better.org.uk

* Centre is closed on Bank Holidays

*Regular Instructor may be subject to change at any time