## **Gosforth Leisure Centre - Timetable**

	LOCATION	ACTIVITY	TIME
	LOCATION 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	Addits Offiy	19.03-21.00
MONDAY	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	General Swimming	12.03-13.00
	Sauna	Sauna (Men Only)	7:00-16:00
	Sauna	Sauna (Mixed)	16:00-20:30
	Oddria	Oddrid (Mixed)	10.00 20.00
	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
TUESDAY	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
	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
WEDNESDAY	LOCATION		
WEDNESDAY	LOCATION Small Pool	Adult & Child/Toddler Lesson(4months-2Years)	11:00 11:00
		Adult & Child/Toddler Lesson(4months-2Years)  Adult & Child/Toddler Lesson(2Years-4.5Years)	11:00-11:30
	Small Pool Small Pool	General Swimming	11:30-12:00
		Ţ	12:05-13:00
	Small Pool LOCATION	General Swimming	17:45-19:00
	Sauna	Sauna (Mixed Session)	7:00-20:30
	Gaulla	Gauria (IVIIAGU GESSIOTI)	1.00-20.00
	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
			19:05-21:00
	Large Pool	Adult Only Swimming	19.03-21.00
THURSDAY	Large Pool LOCATION	Adult Only Swimming	19.03-21.00
THURSDAY		Adult Only Swimming  General Swimming	10:10-11:20
THURSDAY	LOCATION		
THURSDAY	LOCATION Small Pool	General Swimming	10:10-11:20
THURSDAY	Small Pool Small Pool	General Swimming General Swimming Sauna (Ladies Only)	10:10-11:20
THURSDAY	Small Pool Small Pool LOCATION	General Swimming General Swimming	10:10-11:20 12:00-13:00
THURSDAY	Small Pool Small Pool LOCATION Sauna Sauna	General Swimming General Swimming Sauna (Ladies Only) Sauna (Mixed Session)	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30
THURSDAY	Small Pool Small Pool Small Pool LOCATION Sauna Sauna Large Pool	General Swimming General Swimming  Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00
THURSDAY	LOCATION Small Pool Small Pool LOCATION Sauna Sauna Large Pool Large pool	General Swimming General Swimming  Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45
THURSDAY	LOCATION Small Pool Small Pool LOCATION Sauna Sauna Large Pool Large pool Large pool	General Swimming General Swimming  Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming Water Workout (Deep)	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15
THURSDAY	LOCATION Small Pool Small Pool LOCATION Sauna Sauna Large Pool Large pool Large pool Large Pool	General Swimming General Swimming  Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45
THURSDAY	LOCATION Small Pool Small Pool LOCATION Sauna Sauna Large Pool Large pool Large Pool Large Pool Large Pool Location	General Swimming General Swimming  Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming Water Workout (Deep) Dolphins(Pool closed Junior swim club)	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15
THURSDAY	LOCATION Small Pool Small Pool LOCATION Sauna Sauna Large Pool Large pool Large pool Large Pool Large Pool LocATION Small Pool	General Swimming General Swimming Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming Water Workout (Deep) Dolphins(Pool closed Junior swim club)  Adult & Child/Toddler Lesson(4months-4.5Years)	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18.45-20.15
	LOCATION Small Pool Small Pool LOCATION Sauna Sauna Large Pool Large pool Large pool Large Pool LOCATION Small Pool Small Pool	General Swimming General Swimming Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming Water Workout (Deep) Dolphins(Pool closed Junior swim club)  Adult & Child/Toddler Lesson(4months-4.5Years) Adult & Child/Toddler Lesson(4months-4.5Years)	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15
	LOCATION Small Pool Small Pool LOCATION Sauna Sauna Sauna Large Pool Large pool Large Pool Large Pool Large Pool Small Pool Small Pool Small Pool	General Swimming General Swimming  Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming Water Workout (Deep) Dolphins(Pool closed Junior swim club) Adult & Child/Toddler Lesson(4months-4.5Years) Adult & Child/Toddler Lesson(4months-4.5Years) General Swimming	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15 10:30-11:00 11:00-11:30 11:45-13:00
	LOCATION Small Pool Small Pool LOCATION Sauna Sauna Large Pool Large pool Large pool Large Pool Large Pool Small Pool Small Pool Small Pool Small Pool	General Swimming General Swimming Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming Water Workout (Deep) Dolphins(Pool closed Junior swim club)  Adult & Child/Toddler Lesson(4months-4.5Years) Adult & Child/Toddler Lesson(4months-4.5Years)	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15
	LOCATION Small Pool Small Pool Small Pool Sauna Sauna Large Pool Large pool Large pool Large Pool Large Pool Small Pool Small Pool Small Pool Small Pool LOCATION Small Pool LOCATION Small Pool LOCATION Small Pool LOCATION	General Swimming General Swimming  Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming Water Workout (Deep) Dolphins(Pool closed Junior swim club)  Adult & Child/Toddler Lesson(4months-4.5Years) Adult & Child/Toddler Lesson(4months-4.5Years) General Swimming General Swimming	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15 10:30-11:00 11:00-11:30 11:45-13:00 18:00-19:00
	LOCATION Small Pool Small Pool Small Pool Sauna Sauna Sauna Large Pool Large pool Large pool Large Pool LOCATION Small Pool	General Swimming General Swimming Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming Water Workout (Deep) Dolphins(Pool closed Junior swim club)  Adult & Child/Toddler Lesson(4months-4.5Years) Adult & Child/Toddler Lesson(4months-4.5Years) General Swimming General Swimming Sauna (Men Only)	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15 10:30-11:00 11:00-11:30 11:45-13:00 18:00-19:00 7:00-16:00
	LOCATION Small Pool Small Pool Small Pool Sauna Sauna Large Pool Large pool Large pool Large Pool Large Pool Small Pool Small Pool Small Pool Small Pool LOCATION Small Pool LOCATION Small Pool LOCATION Small Pool LOCATION	General Swimming General Swimming  Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming Water Workout (Deep) Dolphins(Pool closed Junior swim club)  Adult & Child/Toddler Lesson(4months-4.5Years) Adult & Child/Toddler Lesson(4months-4.5Years) General Swimming General Swimming	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15 10:30-11:00 11:00-11:30 11:45-13:00 18:00-19:00
	LOCATION Small Pool Small Pool LOCATION Sauna Sauna Large Pool Large pool Large pool Large Pool Large Pool Small Pool	General Swimming General Swimming Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming Water Workout (Deep) Dolphins(Pool closed Junior swim club)  Adult & Child/Toddler Lesson(4months-4.5Years) Adult & Child/Toddler Lesson(4months-4.5Years) General Swimming General Swimming Sauna (Men Only)	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15 10:30-11:00 11:00-11:30 11:45-13:00 18:00-19:00 7:00-16:00
	LOCATION Small Pool Small Pool Small Pool LOCATION Sauna Sauna Large Pool Large pool Large pool Large Pool LOCATION Small Pool LOCATION Sauna Sauna Large pool	General Swimming General Swimming  Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming Water Workout (Deep) Dolphins(Pool closed Junior swim club)  Adult & Child/Toddler Lesson(4months-4.5Years) Adult & Child/Toddler Lesson(4months-4.5Years) General Swimming General Swimming Sauna (Men Only) Sauna (Mixed Session)	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15 10:30-11:00 11:00-11:30 11:45-13:00 18:00-19:00 7:00-16:00 16:00-20:00
	LOCATION Small Pool Small Pool LOCATION Sauna Sauna Large Pool Large pool Large pool Large Pool Large Pool Small Pool	General Swimming General Swimming  Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming Water Workout (Deep) Dolphins(Pool closed Junior swim club)  Adult & Child/Toddler Lesson(4months-4.5Years) Adult & Child/Toddler Lesson(4months-4.5Years) General Swimming General Swimming  Sauna (Men Only) Sauna (Mixed Session)	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15 10:30-11:00 11:00-11:30 11:45-13:00 18:00-19:00 7:00-16:00 16:00-20:00
	LOCATION Small Pool Small Pool LOCATION Sauna Sauna Sauna Large Pool Large pool Large Pool LOCATION Small Pool Small Pool Small Pool Small Pool Small Pool LOCATION Small Pool LOCATION Small Pool LOCATION LOCATION Small Pool LOCATION LOCA	General Swimming General Swimming  Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming Water Workout (Deep) Dolphins(Pool closed Junior swim club) Adult & Child/Toddler Lesson(4months-4.5Years) Adult & Child/Toddler Lesson(4months-4.5Years) General Swimming General Swimming  Sauna (Men Only) Sauna (Mixed Session)  General Swimming General Swimming Family Fun Session	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15 10:30-11:00 11:00-11:30 11:45-13:00 18:00-19:00 7:00-16:00 16:00-20:00
	LOCATION Small Pool Small Pool LOCATION Sauna Sauna Sauna Large Pool Large pool Large Pool Large Pool LOCATION Small Pool Small Pool Small Pool Small Pool Small Pool LOCATION Sauna Sauna Large pool Large pool LOCATION LOCATION LOCATION LOCATION LOCATION LOCATION LOCATION LOCATION LOCATION Large Pool Large Pool Large Pool	General Swimming General Swimming  Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming Water Workout (Deep) Dolphins(Pool closed Junior swim club) Adult & Child/Toddler Lesson(4months-4.5Years) Adult & Child/Toddler Lesson(4months-4.5Years) General Swimming General Swimming  Sauna (Men Only) Sauna (Mixed Session)  General Swimming General Swimming Family Fun Session	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15 10:30-11:00 11:00-11:30 11:45-13:00 18:00-19:00 7:00-16:00 16:00-20:00 8:00-13:30 13:30-15:00
FRIDAY	LOCATION Small Pool Small Pool Small Pool Sauna Sauna Sauna Large Pool Large pool Large pool Large Pool Small Pool Small Pool Small Pool Small Pool Small Pool Small Pool LOCATION Sauna Sauna Large pool LOCATION Large pool Large pool Large pool LOCATION	General Swimming General Swimming Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming Water Workout (Deep) Dolphins(Pool closed Junior swim club)  Adult & Child/Toddler Lesson(4months-4.5Years) Adult & Child/Toddler Lesson(4months-4.5Years) General Swimming General Swimming Sauna (Men Only) Sauna (Mixed Session)  General Swimming Family Fun Session General Swimming	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15 10:30-11:00 11:00-11:30 11:45-13:00 18:00-19:00 7:00-16:00 16:00-20:00 8:00-13:30 13:30-15:00 15:15-16:30
FRIDAY	LOCATION Small Pool Small Pool LOCATION Sauna Sauna Sauna Large Pool Large pool Large Pool Large Pool LOCATION Small Pool Small Pool Small Pool Small Pool LOCATION Sauna Large pool LOCATION Sauna Large pool LOCATION Sauna Sauna	General Swimming General Swimming  Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming Water Workout (Deep) Dolphins(Pool closed Junior swim club)  Adult & Child/Toddler Lesson(4months-4.5Years) Adult & Child/Toddler Lesson(4months-4.5Years) General Swimming General Swimming  Sauna (Men Only) Sauna (Mixed Session)  General Swimming Family Fun Session General Swimming General Swimming	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15 10:30-11:00 11:00-11:30 11:45-13:00 18:00-19:00 7:00-16:00 16:00-20:00 8:00-13:30 13:30-15:00 15:15-16:30
FRIDAY	LOCATION Small Pool Small Pool Small Pool Sauna Sauna Sauna Large Pool Large pool Large pool Large Pool LoCATION Small Pool Small Pool Small Pool Small Pool LOCATION Sauna Sauna Large pool Large Pool LOCATION Sauna	General Swimming  General Swimming  Sauna (Ladies Only)  Sauna (Mixed Session)  Adult Only Swimming  General Swimming  Water Workout (Deep)  Dolphins(Pool closed Junior swim club)  Adult & Child/Toddler Lesson(4months-4.5Years)  Adult & Child/Toddler Lesson(4months-4.5Years)  General Swimming  General Swimming  Sauna (Men Only)  Sauna (Mixed Session)  General Swimming  Family Fun Session  General Swimming  General Swimming  Family Fun Session	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15 10:30-11:00 11:00-11:30 11:45-13:00 18:00-19:00 7:00-16:00 16:00-20:00 8:00-13:30 13:30-15:00 15:15-16:30
FRIDAY	LOCATION Small Pool Small Pool LOCATION Sauna Sauna Sauna Large Pool Large pool Large Pool Large Pool LOCATION Small Pool Small Pool Small Pool Small Pool LOCATION Sauna Large pool LOCATION Sauna Large pool LOCATION Sauna Sauna	General Swimming General Swimming  Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming Water Workout (Deep) Dolphins(Pool closed Junior swim club)  Adult & Child/Toddler Lesson(4months-4.5Years) Adult & Child/Toddler Lesson(4months-4.5Years) General Swimming General Swimming  Sauna (Men Only) Sauna (Mixed Session)  General Swimming Family Fun Session General Swimming General Swimming	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15 10:30-11:00 11:00-11:30 11:45-13:00 18:00-19:00 7:00-16:00 16:00-20:00 8:00-13:30 13:30-15:00 15:15-16:30
FRIDAY	LOCATION Small Pool Small Pool Small Pool LOCATION Sauna Sauna Large Pool Large pool Large pool Large Pool Large Pool LOCATION Small Pool Small Pool Small Pool Small Pool LOCATION Sauna Sauna Large pool Large pool LOCATION Sauna Sauna Sauna Large pool Small Pool Small Pool Small Pool Small Pool Small Pool	General Swimming  General Swimming  Sauna (Ladies Only)  Sauna (Mixed Session)  Adult Only Swimming  General Swimming  Water Workout (Deep)  Dolphins(Pool closed Junior swim club)  Adult & Child/Toddler Lesson(4months-4.5Years)  Adult & Child/Toddler Lesson(4months-4.5Years)  General Swimming  General Swimming  Sauna (Men Only)  Sauna (Mixed Session)  General Swimming  Family Fun Session  General Swimming  General Swimming  Family Fun Session	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15 10:30-11:00 11:00-11:30 11:45-13:00 18:00-19:00 7:00-16:00 16:00-20:00 8:00-13:30 13:30-15:00 15:15-16:30 13:30-15:00
FRIDAY	LOCATION Small Pool Small Pool Small Pool LOCATION Sauna Sauna Large Pool Large pool Large pool Large Pool Large Pool LoCATION Small Pool Small Pool Small Pool Small Pool LOCATION Sauna Large pool Large Pool Large Pool LOCATION Sauna Large pool Small Pool Small Pool Small Pool Small Pool	General Swimming  Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming General Swimming Water Workout (Deep) Dolphins(Pool closed Junior swim club) Adult & Child/Toddler Lesson(4months-4.5Years) Adult & Child/Toddler Lesson(4months-4.5Years) General Swimming General Swimming Sauna (Men Only) Sauna (Mixed Session)  General Swimming Family Fun Session General Swimming Family Fun Session General Swimming Family Fun Session Sauna (Mixed Session)	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15 10:30-11:00 11:00-11:30 11:45-13:00 18:00-19:00 7:00-16:00 18:00-13:30 13:30-15:00 12:30-16:30 13:30-15:00 18:00-16:00
FRIDAY	LOCATION Small Pool Small Pool Small Pool Sauna Sauna Sauna Large Pool LOCATION Small Pool Small Pool Small Pool Small Pool LOCATION Sauna Sauna Large Pool Small Pool Small Pool Small Pool Small Pool Small Pool Small Pool	General Swimming  General Swimming  Sauna (Ladies Only)  Sauna (Mixed Session)  Adult Only Swimming  General Swimming  Water Workout (Deep)  Dolphins(Pool closed Junior swim club)  Adult & Child/Toddler Lesson(4months-4.5Years)  Adult & Child/Toddler Lesson(4months-4.5Years)  General Swimming  General Swimming  Sauna (Men Only)  Sauna (Mixed Session)  General Swimming  Family Fun Session  General Swimming  General Swimming  Family Fun Session  General Swimming  Sauna (Mixed Session)  General Swimming  General Swimming  Family Fun Session  General Swimming  General Swimming	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15 10:30-11:00 11:00-11:30 11:45-13:00 18:00-19:00 7:00-16:00 16:00-20:00 8:00-13:30 13:30-15:00 12:30-16:30 13:30-15:00 8:00-16:00
FRIDAY	LOCATION Small Pool Small Pool LOCATION Sauna Sauna Sauna Large Pool Large Pool Large Pool Large Pool Large Pool LoCATION Small Pool Small Pool Small Pool Small Pool LoCATION Small Pool Small Pool Small Pool Large Pool LoCATION Sauna Sauna Sauna Large pool Large Pool Large Pool Large Pool Large Pool Small Pool	General Swimming General Swimming  Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming Water Workout (Deep) Dolphins(Pool closed Junior swim club) Adult & Child/Toddler Lesson(4months-4.5Years) Adult & Child/Toddler Lesson(4months-4.5Years) General Swimming General Swimming General Swimming  Sauna (Men Only) Sauna (Mixed Session)  General Swimming Family Fun Session General Swimming Family Fun Session  General Swimming Sauna (Mixed Session)  General Swimming Family Fun Session General Swimming General Swimming Family Fun Session	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15 10:30-11:00 11:00-11:30 11:45-13:00 18:00-19:00 7:00-16:00 16:00-20:00 15:15-16:30 13:30-15:00 15:15-16:30 13:30-15:00 15:15-16:30
FRIDAY	LOCATION Small Pool Small Pool LOCATION Sauna Sauna Sauna Large Pool Large Pool Large Pool Large Pool Large Pool LoCATION Small Pool Small Pool Small Pool Small Pool LOCATION Sauna Large pool Large Pool LOCATION Sauna Large Pool Large Pool Large Pool Large Pool Large Pool Small Pool Small Pool Sauna Sauna	General Swimming General Swimming  Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming Water Workout (Deep) Dolphins(Pool closed Junior swim club) Adult & Child/Toddler Lesson(4months-4.5Years) Adult & Child/Toddler Lesson(4months-4.5Years) General Swimming General Swimming General Swimming  General Swimming  General Swimming Family Fun Session General Swimming Family Fun Session  General Swimming Family Fun Session  General Swimming Family Fun Session  General Swimming General Swimming Family Fun Session  General Swimming Family Fun Session	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15 10:30-11:00 11:00-11:30 11:45-13:00 18:00-19:00 8:00-13:30 13:30-15:00 15:15-16:30 12:30-16:30 13:30-15:00 8:00-16:00 8:00-12:00
FRIDAY	LOCATION Small Pool Small Pool Small Pool Sauna Sauna Sauna Large Pool Large pool Large pool Large Pool Large Pool Small Pool Small Pool Small Pool Small Pool LOCATION Sauna Sauna Large pool LOCATION Sauna Sauna Large pool Large Pool Large Pool Large Pool Large Pool Small Pool LOCATION Sauna	General Swimming General Swimming  Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming Water Workout (Deep) Dolphins(Pool closed Junior swim club) Adult & Child/Toddler Lesson(4months-4.5Years) Adult & Child/Toddler Lesson(4months-4.5Years) General Swimming General Swimming General Swimming  Sauna (Men Only) Sauna (Mixed Session)  General Swimming Family Fun Session General Swimming Family Fun Session  General Swimming Sauna (Mixed Session)  General Swimming Family Fun Session General Swimming General Swimming Family Fun Session	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15 10:30-11:00 11:00-11:30 11:45-13:00 18:00-19:00 7:00-16:00 16:00-20:00 15:15-16:30 13:30-15:00 15:15-16:30 13:30-15:00 15:15-16:30
FRIDAY	LOCATION Small Pool Small Pool LOCATION Sauna Sauna Sauna Large Pool Large Pool Large Pool Large Pool Large Pool LoCATION Small Pool Small Pool Small Pool Small Pool LOCATION Sauna Large pool Large Pool LOCATION Sauna Large Pool Large Pool Large Pool Large Pool Large Pool Small Pool Small Pool Sauna Sauna	General Swimming General Swimming  Sauna (Ladies Only) Sauna (Mixed Session)  Adult Only Swimming General Swimming Water Workout (Deep) Dolphins(Pool closed Junior swim club) Adult & Child/Toddler Lesson(4months-4.5Years) Adult & Child/Toddler Lesson(4months-4.5Years) General Swimming General Swimming General Swimming  General Swimming  General Swimming Family Fun Session General Swimming Family Fun Session  General Swimming Family Fun Session  General Swimming Family Fun Session  General Swimming General Swimming Family Fun Session  General Swimming Family Fun Session	10:10-11:20 12:00-13:00 7:00-16:00 16:00-20:30 7:00-09:00 9:00-18:45 11:30-12:15 18:45-20.15 10:30-11:00 11:00-11:30 11:45-13:00 18:00-19:00 8:00-13:30 13:30-15:00 15:15-16:30 12:30-16:30 13:30-15:00 8:00-16:00 8:00-12:00

<sup>\*</sup> Centre is closed on Bank Holidays
\* Please see website for Half term and holiday programmes



	LOCATION	ACTIVITY	LEVEL	INSTRUCTOR	Time	
	Gym	Fitnes	Fitness Centre			
	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	
MONDAY	Main Pool	Water Workout	All	Instructor	10:00-10:45	
WONDAT	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	

	Gym	Fitnes	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
TUESDAY	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

	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
WEDNESDAY	Studio	Group Cycle	All	Gym staff	07:15-08:00
WEDNESDAT	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

	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
THEODAY	Main Pool	Deep Water Workout	All	Gym staff	07:15-8:00
THURSDAY	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

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

	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
SATURDAY	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

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

<sup>\*</sup>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

