

CHORLEY GROUP EXERCISE TIMETABLE

15TH JULY - 31ST AUGUST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	STUDIO CYCLING 09.00 - 09.45 RPM STUDIO	XFIT 09.10 - 09.55 STUDIO	STUDIO CYCLING 09.15 - 10.00 RPM STUDIO	STUDIO CYCLING 09.30 - 10.15 RPM STUDIO	STUDIO CYCLING * 06.30 - 07.15 RPM STUDIO
	STUDIO CYCLING 09.30 - 10.15 RPM STUDIO	CIRCUIT TRAINING 09.30 - 10.30 PRACTICE HALL	BODY PUMP 09.30 - 10.30 PRACTICE HALL	BODY PUMP 10.00 - 11.00 STUDIO	BODY BALANCE 09.30 - 10.30 PRACTICE HALL
	BODY ATTACK 09.30 - 10.15 PRACTICE HALL	STUDIO CYCLING 09.30 - 10.15 RPM STUDIO	BODY BALANCE 10.00 - 11.00 STUDIO	YOGA 10.25 - 11.55 ACTIVITY STUDIO	BODY COMBAT 10.00 - 11.00 STUDIO
	BODY COMBAT 10.00 - 11.00 STUDIO	BODY PUMP 10.00 - 11.00 STUDIO	50+ BADMINTON 10.00 - 12.00 MAIN HALL	50+ CIRCUITS 10.30 - 11.30 MAIN HALL	DEEP AQUA AEROBICS 10.00 - 10.45 POOL - DEEP END
	DEEP AQUA 10.00 - 10.45 POOL - DEEP END	CLUBBERCISE 10.30 - 11.15 ACTIVITY STUDIO	YOGA 11.00 - 12.00 ACTIVITY STUDIO		DISCOVER CYCLING 10.15 - 11.00 RPM STUDIO
	LEGS BUMS TUMS 10.00 - 10.45 ACTIVITY STUDIO	PICKLEBALL 10.30 - 11.30 MAIN HALL			ZUMBA 11.00 - 12.00 PRACTICE HALL
	50+ CIRCUITS 10.30 - 11.30 MAIN HALL	YOGA 11.30 - 13.00 ACTIVITY STUDIO			
	ACTIVE AEROBICS 11.00 - 12.00 ACTIVITY STUDIO				
	ACTIVE AQUA 12.00 - 12.45 POOL	JUNIOR CIRCUITS 16.15 - 17.00 MAIN HALL	PILATES 12.15 - 13.15 ACTIVITY STUDIO	ACTIVE AQUA 12.00 - 12.45 MAIN POOL	ACTIVE AQUA 12.00 - 12.45 POOL
	WALKING NETBALL 12.00 - 13.00 MAIN HALL		50+ CIRCUITS 13.30 - 14.30 PRACTICE HALL	PILATES 12.05 - 13.05 ACTIVITY STUDIO	
50+ CIRCUITS 14.00 - 15.00 PRACTICE HALL					
JUNIOR CIRCUITS 16.00 - 17.00 PRACTICE HALL					
	HIIT 17.30 - 18.00 PRACTICE HALL	HIIT 17.30 - 18.00 MAIN HALL	AB'S BLAST 17.45 - 18.15 ACTIVITY STUDIO	HIIT 17.15 - 17.45 PRACTICE HALL	LEGS, BUMS & TUMS 17.30 - 18.15 PRACTICE HALL
	BODY COMBAT TECHNIQUE 17.45 - 18.00 MAIN HALL	BODY PUMP 18.00 - 18.45 PRACTICE HALL	BODY ATTACK 18.00 - 19.00 STUDIO	BODY PUMP 18.00 - 18.45 STUDIO	YOGA 17.30 - 18.30 STUDIO
	ZUMBA * 18.00 - 18.45 PRACTICE HALL	PILATES 18.00 - 19.00 ACTIVITY STUDIO	BODY COMBAT 18.00 - 19.00 MAIN HALL	BODY PUMP 18.00 - 19.00 PRACTICE HALL	CIRCUIT TRAINING * 18.00 - 19.00 MAIN HALL
	BODY COMBAT 18.00 - 19.00 MAIN HALL	BODY COMBAT 18.00 - 19.00 STUDIO	BODY BALANCE 18.15 - 19.00 ACTIVITY STUDIO	ZUMBA 18.00 - 18.45 ACTIVITY STUDIO	YOGA 18.00 - 19.00 ACTIVITY STUDIO
	YOGA 18.00 - 19.00 ACTIVITY STUDIO	RPM 19.00 - 19.45 RPM STUDIO	RPM * 18.30 - 19.15 RPM STUDIO	PIYO 19.00 - 20.00 ACTIVITY STUDIO	
	BODY PUMP 18.00 - 18.45 STUDIO	XFIT 19.00 - 20.00 MAIN HALL	CIRCUIT TRAINING * 19.00 - 20.00 MAIN HALL	DEEP AQUA AEROBICS 19.30 - 20.15 POOL - DEEP END	
	RPM 18.00 - 18.45 RPM STUDIO	CIRCUIT TRAINING * 19.00 - 20.00 MAIN HALL	PILATES 19.00 - 20.00 STUDIO	ACTIVE AQUA 20.00 - 21.00 MAIN POOL	
	STUDIO CYCLING* 18.15 - 19.00 RPM STUDIO		BODY PUMP 19.15 - 20.00 PRACTICE HALL		
	TRI-CLINIC FREESTYLE STROKE 19.00 - 20.00 MAIN POOL		TONE & CONDITIONING 19.15 - 20.00 ACTIVITY STUDIO		
	YOGA * 19.00 - 20.30 STUDIO		TRI-CLINIC FREESTYLE STROKE 20.30 - 21.30 POOL		
CLUBBERCISE * 19.15 - 20.00 MAIN HALL					

SATURDAY	SUNDAY
HIIT 09.00 - 09.45 MAIN HALL	ZUMBA * 09.00 - 09.45 PRACTICE HALL
BODY ATTACK 09.15 - 10.00 PRACTICE HALL	BODY COMBAT 10.00 - 10.45 STUDIO
BODY COMBAT 10.00 - 10.45 ACTIVITY STUDIO	YOGACISE * 10.00 - 11.00 ACTIVITY STUDIO
RPM 10.00 - 10.45 RPM STUDIO	XFIT 10.00 - 11.00 PRACTICE HALL
PIYO 11.00 - 11.45 ACTIVITY STUDIO	BODY BALANCE 11.00 - 11.45 STUDIO

ALL SEASONS

CLASSES AT
ALL SEASONS
LEISURE CENTRE

ALL SEASONS LEISURE CENTRE
0300 0200 136

BRINSCALL

CLASSES AT
BRINSCALL
SWIMMING POOL

**CLAYTON GREEN SPORTS
CENTRE 0300 0200 136**


CLAYTON
GREEN

CLASSES AT
CLAYTON GREEN
SPORTS CENTRE

BRINSCALL SWIMMING POOL
0300 0200 136

ALL SEASONS LEISURE CENTRE SWIM TIMETABLE

15TH JULY - 14TH OCTOBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	LANE SWIMMING 06.15 - 20.00	LANE SWIMMING 06.15 - 19.00	LANE SWIMMING 06.15 - 20.00	LANE SWIMMING 06.15 - 17.30	LANE SWIMMING 06.15 - 18.30	CASUAL SWIMMING 07.00 - 14.00	CASUAL SWIMMING 07.00 - 14.00
	CASUAL SWIMMING 09.00 - 12.00	SCHOOL SWIMMING 09.00 - 12.00	CASUAL SWIMMING 09.00 - 19.00	SCHOOL SWIMMING 09.00 - 12.00	SCHOOL SWIMMING 09.00 - 20.00	LANE SWIMMING 07.00 - 14.00	LANE SWIMMING 07.00 - 14.00
	SCHOOL SWIMMING 09.00 - 12.00	CASUAL SWIMMING 09.00 - 17.30	SCHOOL SWIMMING 09.00 - 12.00	CASUAL SWIMMING 09.00 - 18.00	CASUAL SWIMMING 09.00 - 20.00	STAFF TRAINING 07.00 - 08.00	SWIMMING LESSONS 08.30 - 11.00
						SWIMMING LESSONS 08.00 - 11.00	
	AQUA AEROBICS 12.00 - 12.45	ADULT SWIM LESSONS 12.00 - 13.00	SCHOOL SWIMMING 13.00 - 15.00	AQUA AEROBICS 12.00 - 12.45	AQUA AEROBICS 12.00 - 12.45	FUN ZONE 14.00 - 14.55	FUN ZONE 14.00 - 14.55
	SCHOOL SWIMMING 13.00 - 15.00	SCHOOL SWIMMING 13.00 - 15.00	SWIM LESSONS 16.00 - 19.00	SCHOOL SWIMMING 13.00 - 15.00	SCHOOL SWIMMING 13.00 - 15.00	FUN ZONE 15.00 - 15.55	FUN ZONE 15.00 - 15.55
	CASUAL SWIMMING 13.00 - 19.00	SWIM LESSONS 16.00 - 19.00	SWIM LESSONS 16.00 - 19.00	SWIM LESSONS 16.00 - 19.00	SWIM LESSONS 16.00 - 19.00	CASUAL SWIMMING 16.00 - 17.00	CASUAL SWIMMING 16.00 - 17.00
	SWIM LESSONS 16.00 - 19.00					LANE SWIMMING 16.00 - 17.00	LANE SWIMMING 16.00 - 17.00
	ADULT SWIM LESSONS 19.00 - 20.00	SWIM FIT 17.30 - 19.00	MARLINS SWIM CLUB 19.00 - 22.00	SWIM FIT 17.30 - 19.00	MARLINS SWIM CLUB 18.30 - 19.30	MARLINS SWIM CLUB 17.00 - 19.00	MARLINS SWIM CLUB 17.00 - 20.00
	TRI - CLINIC 19.00 - 20.00	MARLINS SWIM CLUB 19.00 - 22.00	ADULT SWIM LESSONS 19.00 - 20.00	MARLINS SWIM CLUB 18.00 - 20.00	LANE SWIMMING 19.00 - 20.00	PARTIES/PRIVATE HIRE 19.15 - 20.15	
	MARLINS SWIM CLUB 20.00 - 22.00	ADULTS ONLY 20.00 - 22.00	ADULTS ONLY 20.00 - 22.00	ADULTS ONLY 20.00 - 22.00	STAFF TRAINING 19.00 - 20.00	NO LIMITS 20.15 - 21.15	
				AQUA AEROBICS 20.00 - 21.00	ADULT SWIM LESSONS 19.00 - 20.00		
				ADULTS ONLY 20.00 - 22.00	ADULTS ONLY 20.00 - 22.00		



ALL SEASONS LEISURE CENTRE 0300 0200 136
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Chorley
Council

A Chorley Council facility
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ALL SEASONS LEISURE CENTRE KIDS ACTIVITIES

15TH JULY - 31ST AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PRE-SCHOOL SWIM (3-4YRS) 09.30 - 11.30 POOL	PRE-SCHOOL SWIM (3-4YRS) 09.30 - 10.30 POOL	PRE-SCHOOL SWIM (3-4YRS) 09.30 - 10.30 POOL	PARENT & BABY SWIM (0-3YRS) 09.30 - 11.00 POOL	PARENT & BABY SWIM (0-3YRS) 09.30 - 11.00 POOL	LEARN TO SWIM 08.00 - 11.00 POOL	LEARN TO SWIM 08.00 - 11.00 POOL
PARENT & BABY SWIM (0-3YRS) 11.30 - 12.15 POOL	PRE-SCHOOL SWIM (0-3YRS) 10.30 - 12.00 POOL	PARENT & BABY SWIM (0-3YRS) 10.30 - 12.00 POOL	PRE-SCHOOL SWIM (3-4YRS) 11.00 - 12.00 POOL	PRE-SCHOOL SWIM (3-4YRS) 11.00 - 12.00 POOL	WILDCATS 09.00 - 11.00 POOL	LITTLE KIDS (18MONTHS-2.5YRS) 09.00 - 09.45 MAIN HALL
SWEATY MAMA 11.30 - 12.30 PRACTICE HALL					CHORLEY GYMNASTICS (ADVANCED/SQUAD ALL AGES) 09.45 - 11.15 MAIN HALL	CHORLEY GYMNASTICS (ADVANCED/SQUAD ALL AGES) 09.30 - 11.00 GYM
JUNIOR CIRCUITS (11-15YRS) 16.00 - 17.00 PRACTICE HALL	LEARN TO SWIM 16.00 - 18.00 POOL	MINI SOCCER (3-7YRS) 16.00 - 16.45 POOL	LEARN TO SWIM 16.00 - 19.00 MAIN HALL	LEARN TO SWIM 16.00 - 19.00 POOL	TAEKWONDO (7+) 12.00 - 13.00 POOL	FUN SWIM 12.00 - 13.30 POOL
LEARN TO SWIM 16.00 - 18.00 POOL	LEARN TO SWIM 16.00 - 19.00 POOL	LEARN TO SWIM 16.00 - 18.00 POOL	LEARN TO SWIM 16.00 - 18.00 POOL	LEARN TO SWIM 16.00 - 18.00 POOL	CHORLEY GYMNASTICS (BEGINNERS 3-5YRS) 12.45 - 13.30 MAIN HALL	MEGA KICKERS (6-7YRS) 12.00 - 12.50 MAIN HALL
LEARN TO SWIM 16.00 - 19.00 POOL	JUNIOR CIRCUITS (11-15YRS) 16.15 - 17.00 GYM	LEARN TO SWIM 16.00 - 19.00 GYM	CHORLEY GYMNASTICS (BEGINNERS 3-5YRS) 16.30 - 17.15 POOL	CHORLEY GYMNASTICS (BEGINNERS 3-5YRS) 16.30 - 17.15 MAIN HALL	CHORLEY GYMNASTICS (INTERMEDIATE ALL AGES) 12.45 - 14.15 GYM	CHORLEY GYMNASTICS (ADVANCED/SQUAD ALL AGES) 12.30 - 14.00 MAIN HALL
CHORLEY GYMNASTICS (INTERMEDIATE ALL AGES) 16.30 - 18.00 MAIN HALL		CHORLEY GYMNASTICS (BEGINNERS 3-5YRS) 16.15 - 17.00 PRACTICE HALL			FOOTBALL PITCH PASS 13.00 - 18.00 OUTDOORS	FOOTBALL PITCH PASS 13.00 - 18.00 OUTDOORS
					FUN SWIM 13.00 - 14.00 POOL	CHORLEY GYMNASTICS (INTERMEDIATE ALL AGES) 14.00 - 15.30 MAIN HALL
					CHORLEY GYMNASTICS (BEGINNERS 3-5YRS) 13.30 - 14.15 MAIN HALL	FUN SWIM 14.00 - 14.55 POOL
					FUN SWIM 14.00 - 14.55 POOL	FUN SWIM 15.00 - 15.55 POOL
					CHORLEY GYMNASTICS (BEGINNERS 3-5YRS) 14.15 - 15.00 MAIN HALL	
					CHORLEY GYMNASTICS (BEGINNERS 6+YRS) 14.15 - 15.00 MAIN HALL	
					CHORLEY GYMNASTICS (INTERMEDIATE ALL AGES) 15.00 - 16.30 MAIN HALL	
					FUN SWIM 15.00 - 15.55 POOL	
					TRAMPOLINING 15.00 - 16.00 PRACTICE HALL	
					TRAMPOLINING 16.00 - 17.00 PRACTICE HALL	
CHORLEY GYMNASTICS (ADVANCED/SQUAD ALL AGES) 16.00 - 19.30 MAIN HALL	PARLOUR (6-16YRS) 17.00 - 18.00 MAIN HALL	FOOTBALL COACHING (7-11YRS) 17.00 - 17.45 OUTDOORS	CHORLEY GYMNASTICS (BEGINNERS 6+YRS) 17.15 - 18.00 MAIN HALL	CHORLEY GYMNASTICS (BEGINNERS 6+YRS) 17.15 - 18.00 MAIN HALL	TAEKWONDO (6+) 18.00 - 19.00 PRACTICE HALL	
TRAMPOLINING (6+) 18.30 - 19.30 MAIN HALL	TRAMPOLINING (6+) 18.30 - 19.30 MAIN HALL	CHORLEY GYMNASTICS (BEGINNERS 3-5YRS) 17.00 - 17.45 PRACTICE HALL	CHORLEY GYMNASTICS (ADVANCED/SQUAD ALL AGES) 18.00 - 19.30 MAIN HALL	CHORLEY GYMNASTICS (ADVANCED/SQUAD ALL AGES) 18.00 - 19.30 MAIN HALL		
TRAMPOLINING (6+) 19.30 - 20.30 MAIN HALL	TRAMPOLINING (6+) 19.30 - 20.30 MAIN HALL	CHORLEY GYMNASTICS (BEGINNERS 6+YRS) 17.45 - 18.30 MAIN HALL	TRAMPOLINING (6+) 18.30 - 19.30 MAIN HALL	TRAMPOLINING (6+) 18.30 - 19.30 MAIN HALL		
					TRAMPOLINING (6+) 19.30 - 20.30 MAIN HALL	

ALL SEASONS

CLASSES AT
ALL SEASONS
LEISURE CENTRE
0300 0200 136

BRINSCALL

CLASSES AT
BRINSCALL
SWIMMING POOL
0300 0200 136

CLAYTON
GREEN

CLASSES AT
CLAYTON GREEN
SPORTS CENTRE
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