


ETWALL LEISURE CENTRE GROUP EXERCISE TIMETABLE

15TH JULY - 31ST AUGUST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STUDIO CYCLING 07.00 - 07.45 SPIN STUDIO	LBT 09.00 - 09.45 STUDIO	LES MILLS SPRINT 06.30 - 07.00 SPIN STUDIO	STUDIO CYCLING 07.00 - 07.45 SPIN STUDIO	LES MILLS SPRINT 06.30 - 07.00 SPIN STUDIO	BODY ATTACK 09.15 - 10.00 STUDIO	CIRCUITS 09.00 - 09.45 STUDIO
	ZUMBA 09.30 - 10.15 STUDIO	CORE DE FORCE 09.50 - 10.35 STUDIO	ZUMBA 09.30 - 10.15 STUDIO	BODY ATTACK 09.30 - 10.15 STUDIO	GRIT SERIES 09.25 - 09.55 STUDIO	BODY PUMP 10.10 - 11.05 STUDIO	LES MILLS SPRINT 10.00 - 10.30 SPIN STUDIO
	PIYO EXPRESS 10.20 - 10.55 STUDIO	PILATES 10.40 - 11.25 STUDIO	CORE TRAINING 10.15 - 10.45 GYM FUNCTIONAL	YOGA 10.20 - 11.15 LC2	STUDIO CYCLING 09.30 - 10.15 SPIN STUDIO	BODY BALANCE 11.15 - 12.10 STUDIO	BODY PUMP 10.15 - 11.00 STUDIO
	BODY BALANCE 11.00 - 11.55 STUDIO		CHAIR BASED PILATES 10.15 - 11.00 STUDIO		PIYO EXPRESS 10.00 - 10.30 STUDIO		BODY COMBAT 11.10 - 11.55 STUDIO
		AQUA 11.45 - 12.30 POOL			ZUMBA 10.35 - 11.20 STUDIO		
	BODY PUMP 13.00 - 13.55 STUDIO	JUNIOR GYM SESSION 15.45 - 16.30 GYM	JUNIOR GYM SESSION 15.45 - 16.30 GYM	JUNIOR GYM SESSIONS 15.30 - 16.15 GYM	BODY BALANCE 12.30 - 13.25 STUDIO	JUNIOR GYM SESSIONS 13.15 - 14.00 GYM	JUNIOR GYM SESSIONS 13.15 - 14.00 GYM
	JUNIOR GYM SESSIONS 15.30 - 16.15 GYM			JUNIOR GYM SESSIONS 16.15 - 17.00 GYM	JUNIOR GYM SESSION 15.45 - 16.30 GYM	JUNIOR GYM SESSIONS 14.00 - 14.45 GYM	JUNIOR GYM SESSIONS 14.00 - 14.45 GYM
	JUNIOR GYM SESSIONS 16.15 - 17.00 GYM						
	LES MILLS RPM 18.00 - 18.45 SPIN STUDIO	STEP AND TONE 18.00 - 18.50 STUDIO	LES MILLS RPM 18.00 - 18.45 SPIN STUDIO	CYCLING EXPRESS 18.15 - 18.45 SPIN STUDIO	STUDIO CYCLING 18.00 - 18.45 SPIN STUDIO		
	ZUMBA (11+) 18.15 - 19.00 STUDIO	LES MILLS SPRINT 18.25 - 18.55 SPIN STUDIO	SHABAM 18.15 - 19.00 STUDIO	KETTLEBELLS 18.30 - 19.00 GYM FUNCTIONAL	BODY PUMP 18.45 - 19.40 STUDIO		
	NORDIC WALK 18.30 - 19.30 OUTDOORS	LES MILLS RPM 19.00 - 19.45 SPIN STUDIO	SPRINT 18.45 - 19.15 SPIN STUDIO	BODY COMBAT 18.30 - 19.25 STUDIO			
	STUDIO CYCLING 18.50 - 19.35 SPIN STUDIO	BODY PUMP 19.00 - 19.55 STUDIO	LBT 19.15 - 20.00 STUDIO	STUDIO CYCLING 18.45 - 19.30 SPIN STUDIO			
	CIRCUITS 19.15 - 20.00 STUDIO	GRIT SERIES 20.00 - 20.30 STUDIO	PILATES 20.00 - 20.55 STUDIO	BODY BALANCE 19.30 - 20.25 STUDIO			
	BODY BALANCE 20.00 - 20.55 STUDIO	AQUA 20.15 - 21.00 POOL		AQUA 20.15 - 21.00 POOL			

ETWALL LEISURE CENTRE 01283 735404
WWW.ACTIVATION.ORG.UK

Active Nation working in partnership
with South Derbyshire District Council
& Etwall Joint Management Committee

Etwall
Leisure
Centre

ACTIVE
NATION

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TERM TIME SWIMMING		LENGTHS ONLY 07.00 - 09.00	LENGTHS ONLY 07.00 - 09.15	LENGTHS ONLY 07.00 - 09.30	LENGTHS ONLY 07.00 - 09.30	DERVENTIO EXCEL 05.30 - 07.00	LENGTHS ONLY 07.00 - 08.30	LENGTHS ONLY 07.00 - 08.30
	CASUAL SWIM 09.00 - 09.40	SCHOOLS 09.15 - 10.15	SCHOOLS 09.30 - 11.15	SCHOOLS 09.30 - 12.35	LENGTHS ONLY 07.00 - 09.15	SWIM LESSONS 08.45 - 12.45	CASUAL SWIM 08.30 - 12.45	
	SCHOOLS 09.40 - 11.15	CASUAL SWIM 10.15 - 11.30	CASUAL SWIM 1/2 POOL 11.15 - 12.30		SCHOOLS 09.15 - 12.35			
	CASUAL SWIM 3/4 POOL 11.15 - 12.30	CASUAL SWIM 1/2 POOL 11.30 - 13.15	AQUA AEROBICS 11.45 - 12.30					
	PARENT & TODDLER 11.30 - 12.30	ADULT LESSONS 11.30 - 12.15	AQUA FIT 11.45 - 12.30					
	LENGTHS ONLY 12.30 - 13.30	PARENT & TODDLER 12.15 - 14.15	LANE SWIM 12.30 - 13.30	LENGTHS ONLY 12.35 - 13.25	LENGTHS ONLY 12.35 - 13.45	LENGTHS ONLY 12.45 - 13.45	LENGTHS ONLY 12.45 - 13.45	
	SCHOOLS 13.30 - 14.30	CASUAL SWIM 13.15 - 16.00	SCHOOLS 13.30 - 14.30	SCHOOLS 13.25 - 15.25	SCHOOLS 13.45 - 14.45	FUN SPLASH 14.00 - 15.00	INFLATABLE SESSION 14.00 - 15.00	
	CASUAL SWIM 14.30 - 16.00	SWIM LESSONS - 4 LANES 16.00 - 18.00	CASUAL SWIM 14.30 - 16.00	CASUAL SWIM 15.25 - 16.00	CASUAL SWIM 14.45 - 16.00	FUN SPLASH 15.00 - 16.00	INFLATABLE SESSION 15.00 - 16.00	
	SWIM LESSONS 16.00 - 18.00	CASUAL SWIM - 2 LANES 16.00 - 18.00	SWIM LESSONS 16.00 - 18.00	SWIMMING LESSONS - 4 LANES 16.00 - 18.00	SWIM LESSONS 16.00 - 18.00	SWIM LESSONS 16.00 - 18.00	ETWALL EAGLES SWIMMING CLUB 16.00 - 21.00	
				CASUAL SWIM - 2 LANES 16.00 - 18.00				
	CASUAL SWIM 18.00 - 19.00	CASUAL SWIM 18.00 - 19.00	CASUAL SWIM 18.00 - 19.00	CASUAL SWIM 18.00 - 19.00	CASUAL SWIMMING 18.00 - 19.00	CASUAL SWIM 18.00 - 18.30		
	ETWALL EAGLES SWIMMING CLUB 19.00 - 21.00	ADULT LESSONS 19.00 - 20.15	ETWALL EAGLES SWIMMING CLUB 19.00 - 22.00	TRIATHLON CLUB 19.00 - 20.15	ETWALL EAGLES SWIMMING CLUB 19.00 - 21.00	WATERPOLO 18.30 - 19.30		
SWIM LESSONS 19.15 - 20.00	AQUA AEROBICS 20.15 - 21.00		AQUA AEROBICS 20.15 - 21.00		PRIVATE HIRE / PARTIES 19.45 - 20.45			
	CASUAL SWIM (WIDTHS) 20.15 - 21.00		CASUAL SWIM (WIDTHS) 20.15 - 21.00					
	ADULTS ONLY 21.00 - 22.00		ADULTS ONLY 21.00 - 22.00					

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SCHOOL HOLIDAY SWIMMING		LENGTHS ONLY 07.00 - 09.00	LENGTHS ONLY 07.00 - 09.00	LENGTHS ONLY 07.00 - 09.00	LENGTHS ONLY 07.00 - 09.00	LENGTHS ONLY 07.00 - 09.00		
	SWIM SCHOOL CRASH COURSE 09.00 - 11.00	SWIM SCHOOL CRASH COURSE 09.00 - 11.00	SWIM SCHOOL CRASH COURSE 09.00 - 11.00	SWIM SCHOOL CRASH COURSE 09.00 - 11.00	SWIM SCHOOL CRASH COURSE 09.00 - 11.00	SWIM SCHOOL CRASH COURSE 09.00 - 11.00		
	CASUAL SWIM (1/2 POOL) 09.00 - 11.00	CASUAL SWIM (1/2 POOL) 09.00 - 11.00	CASUAL SWIM (1/2 POOL) 09.00 - 10.40	CASUAL SWIM (1/2 POOL) 09.00 - 11.00	CASUAL SWIM (1/2 POOL) 09.00 - 11.00			
	CASUAL SWIM 11.00 - 12.45	CASUAL SWIM 11.00 - 12.45		CASUAL SWIM 11.00 - 12.45	CASUAL SWIM 11.00 - 12.45			
	LENGTHS ONLY 12.45 - 13.45	LENGTHS ONLY 12.45 - 13.45	CASUAL SWIM 12.05 - 12.45	LENGTHS ONLY 12.45 - 13.45	LENGTHS ONLY 12.45 - 13.45			
	FUN SESSION 14.00 - 16.00	FUN SESSION 14.00 - 16.00	STAFF TRAINING 12.45 - 13.45	FUN SESSION 14.00 - 16.00	FUN SESSION 14.00 - 16.00			
			FUN SESSION 14.00 - 16.00					
								