

GREEN BANK LEISURE CENTRE GROUP EXERCISE TIMETABLE

15TH JULY - 31ST AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LES MILLS RPM 09.30 - 10.15 SPIN STUDIO	AQUA (TERM TIME) 09.15 - 10.00 POOL	DANCE FIT £ 09.30 - 10.15 MELBOURNE PAV	BODY COMBAT 09.30 - 10.15 GROVE STUDIO	AEROBBICS 09.30 - 10.15 SPORTS HALL	STUDIO CYCLING 09.00 - 09.55 SPIN STUDIO	STUDIO CYCLING 09.00 - 09.45 SPIN STUDIO 1
STEP 09.30 - 10.15 GROVE STUDIO	PILATES £ 09.30 - 10.30 MELBOURNE PAV	STUDIO CYCLING 09.30 - 10.15 SPIN STUDIO	STUDIO CYCLING 09.30 - 10.30 SPIN STUDIO	YOGA 09.45 - 11.45 OAKLANDS VILLAGE	BODY COMBAT 09.30 - 10.25 GROVE STUDIO	
BODY BALANCE 10.30 - 11.15 GROVE STUDIO	FULL BODY WORKOUT 09.30 - 10.15 GROVE STUDIO	YOGA £ 10.30 - 11.30 MELBOURNE PAV	FOREVER FIT 10.20 - 11.05 GROVE STUDIO	STUDIO CYCLING 10.00 - 10.45 SPIN STUDIO	FITNESS PILATES 10.30 - 11.25 GROVE STUDIO	
SERFCITS 11.00 - 11.45 GYM	STUDIO CYCLING 09.30 - 10.15 SPIN STUDIO	SERFCITS 11.00 - 11.45 GYM FUNCTIONAL	ZUMBA 11.30 - 12.30 GROVE STUDIO			
FOREVER FIT 11.20 - 12.15 GROVE STUDIO	AQUA (SCHOOL HOLIDAY) 10.30 - 11.15 POOL					
	FITNESS PUMP 10.30 - 11.15 GROVE STUDIO					
JUNIOR GYM SESSION 15.45 - 16.30 GYM	PILATES 12.15 - 13.15 GROVE STUDIO	ZUMBA 12.15 - 13.00 GROVE STUDIO	AQUA 12.00 - 12.45 POOL	FITNESS PILATES 12.15 - 13.00 GROVE STUDIO	JUNIOR GYM SESSIONS 14.00 - 14.45 GYM	JUNIOR GYM SESSIONS 14.00 - 14.45 GYM 1
	GP REFERRAL CHAIR AEROBICS 14.15 - 15.00 CRECHE	JUNIOR GYM SESSION 15.45 - 16.30 GYM	YOGA 13.00 - 13.45 GROVE STUDIO	JUNIOR GYM SESSION 15.45 - 16.30 GYM	JUNIOR GYM SESSIONS 14.45 - 15.30 GYM	JUNIOR GYM SESSIONS 14.45 - 15.30 GYM 1
	JUNIOR GYM SESSIONS 15.30 - 16.15 GYM		JUNIOR GYM SESSIONS 15.30 - 16.15 GYM			
	JUNIOR GYM SESSIONS 16.15 - 17.00 GYM		JUNIOR GYM SESSIONS 16.15 - 17.00 GYM			
STUDIO CYCLING 18.00 - 19.00 SPIN STUDIO	BODY PUMP 18.00 - 18.50 GROVE STUDIO	BODY PUMP 18.00 - 19.00 GROVE STUDIO	BODY ATTACK 18.00 - 18.55 GROVE STUDIO	STUDIO CYCLING 18.00 - 19.00 SPIN STUDIO		
BODY PUMP 18.05 - 18.55 GROVE STUDIO	HIIT STUDIO CYCLING 18.15 - 18.45 SPIN STUDIO	STUDIO CYCLING 18.00 - 18.45 SPIN STUDIO	HIIT STUDIO CYCLING 18.15 - 18.45 LC2	ZUMBA 19.00 - 19.55 GROVE STUDIO		
BODY COMBAT 19.10 - 20.00 GROVE STUDIO	STUDIO CYCLING 19.00 - 20.00 SPIN STUDIO	BOXERCISE 19.00 - 19.45 GYM	BODY STEP 19.00 - 19.45 GROVE STUDIO	PURE STRETCH 20.00 - 20.55 GROVE STUDIO		
	BODY COMBAT 19.00 - 19.50 GROVE STUDIO	BODY COMBAT 19.05 - 20.00 GROVE STUDIO	LES MILLS SPRINT 19.00 - 19.30 SPIN STUDIO			
	AQUA 19.15 - 20.00 POOL		AQUA 20.00 - 20.45 POOL			
	PURE STRETCH 20.00 - 20.55 GROVE STUDIO					

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TERM TIME: MAIN POOL SWIM TIMETABLE

15TH JULY - 14TH OCTOBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	ADULT SWIM ONLY 06.00 - 08.30	ADULT SWIM ONLY 07.00 - 08.30	ADULT SWIM ONLY 06.00 - 08.30	ADULT SWIM ONLY 07.00 - 08.30	ADULT SWIM ONLY 06.00 - 08.30	ADULT SWIM ONLY 07.00 - 08.30	ADULT SWIM ONLY 07.00 - 08.30
	CASUAL SWIM 08.30 - 12.00	CASUAL SWIM 08.30 - 12.00	CASUAL SWIM 08.30 - 12.00	CASUAL SWIM 08.30 - 12.00	CASUAL SWIM 08.30 - 12.00	SWIMMING LESSONS 08.30 - 13.15	CASUAL SWIM 08.30 - 13.30
		AQUA AEROBICS (TERM TIME) 09.15 - 10.00	SWIMMING LESSONS 10.30 - 12.30	SCHOOLS 09.40 - 12.00	SCHOOLS 09.30 - 11.30		SWIMMING LESSONS 08.30 - 10.00
		SCHOOLS 10.15 - 11.45					
		AQUA AEROBICS (SCHOOL HOLS) 10.30 - 11.15					
	LUNCHTIME SWIM 12.00 - 13.00	LUNCHTIME SWIM 12.00 - 13.00	LUNCHTIME SWIM 12.00 - 13.15	LUNCHTIME SWIM 12.00 - 13.00	LUNCHTIME SWIM 12.00 - 13.00	CASUAL SWIM 13.15 - 14.45	CASUAL SWIM 13.30 - 14.30
	CASUAL SWIM 13.00 - 15.55	SWIMMING LESSONS 12.30 - 13.30	CASUAL SWIM 13.15 - 14.30	AQUA REFERRAL 12.00 - 12.45	CASUAL SWIM 13.00 - 15.55	INFLATABLE 15.00 - 15.45	CASUAL SWIM 14.30 - 15.55
	SCHOOLS 13.30 - 15.00	CASUAL SWIM 13.00 - 15.55	SCHOOLS 13.15 - 14.45	SCHOOLS 13.15 - 14.45	SCHOOLS 13.15 - 14.45	INFLATABLE 16.00 - 16.45	CLUBS 16.00 - 20.00
	SWIMMING LESSONS 16.00 - 18.00	SWIMMING LESSONS 16.00 - 18.00	DISABILITY SWIM SESSION 15.00 - 15.55	CASUAL SWIM 14.45 - 15.55	SWIMMING LESSONS 16.00 - 18.00		
			SWIMMING LESSONS 16.00 - 18.00	SWIMMING LESSONS 16.00 - 18.00			
	CASUAL SWIM 18.05 - 20.00	CASUAL SWIM 18.05 - 20.00	CASUAL SWIM 18.05 - 19.30	CASUAL SWIM 18.05 - 20.00	CASUAL SWIM 18.05 - 19.15	PRIVATE HIRE / CASUAL SWIM 17.00 - 18.00	
	ADULT LESSONS 20.00 - 21.00	AQUA AEROBICS 1/2 POOL 19.15 - 20.00	CLUBS 19.30 - 21.15	AQUA AEROBICS - 1/2 POOL 20.00 - 20.45	CLUBS 19.15 - 21.15	CASUAL SWIM 18.00 - 18.45	
	ADULT SWIM 20.00 - 21.00	LADIES ONLY 20.00 - 21.00	ADULT SWIM 21.15 - 22.00	CASUAL SWIM - 1/2 POOL 20.00 - 21.00	ADULT SWIM ONLY 21.15 - 22.00		
	STAFF TRAINING 21.00 - 22.00	STAFF TRAINING 21.00 - 22.00		ADULT SWIM 21.00 - 22.00			
	ADULT SWIM LESSONS 21.00 - 22.00	ADULT SWIM ONLY 21.00 - 22.00					

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TERM TIME: TEACHING POOL SWIM TIMETABLE

15TH JULY - 14TH OCTOBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CASUAL SWIM 09.00 - 10.55	CASUAL SWIM 09.00 - 10.10	CASUAL SWIM 09.00 - 11.30	SCHOOLS 09.40 - 12.00	CASUAL SWIM 09.00 - 09.30	SWIMMING LESSONS 08.00 - 13.00	CASUAL SWIM 08.30 - 13.30
	SCHOOL SWIMMING 09.45 - 10.45	SCHOOLS 10.15 - 11.45	SWIMMING LESSONS 11.30 - 12.30	CASUAL SWIM 11.45 - 13.15	SCHOOLS 09.30 - 11.30		
	SWIMMING LESSONS 11.00 - 13.00	CASUAL SWIMMING 11.45 - 12.55			SWIMMING LESSONS 11.30 - 13.00		
	CASUAL SWIM 13.05 - 13.30	SWIMMING LESSONS 13.30 - 14.30	CASUAL SWIM 12.35 - 13.15	SCHOOLS 13.15 - 14.45	SCHOOLS 13.15 - 14.45	CASUAL SWIM 13.15 - 14.00	FUN SPLASH 13.30 - 15.55
	SCHOOLS 13.30 - 15.00	CASUAL SWIM 15.05 - 15.30	SCHOOLS 13.15 - 14.45	CASUAL SWIM 15.00 - 15.30	CASUAL SWIM 14.45 - 15.30	FUN SPLASH 14.00 - 17.00	CLUBS 16.00 - 21.00
	CASUAL SWIM 15.00 - 15.30	SWIMMING LESSONS 16.00 - 18.30	DISABILITY SWIM SESSION 15.00 - 15.30	SWIMMING LESSONS 16.00 - 18.00	SWIMMING LESSONS 15.30 - 18.00		
	SWIMMING LESSONS 16.00 - 18.00		SWIMMING LESSONS 16.00 - 18.30				
	CASUAL SWIM 18.05 - 20.00	CASUAL SWIM 18.35 - 20.00	CASUAL SWIM 18.35 - 19.30	CASUAL SWIM 18.05 - 20.00	CASUAL SWIM 18.05 - 19.15	PRIVATE HIRE 17.00 - 18.00	
			CLUBS 19.30 - 21.30		CLUBS 19.15 - 21.15		