

# YARBOROUGH LEISURE CENTRE SWIMMING TIMETABLE

15TH JULY - 14TH OCTOBER

MAIN POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	LANE SWIMMING 06.30 - 08.55	LANE SWIMMING 06.30 - 08.55	LANE SWIMMING 06.30 - 08.55	LANE SWIMMING 06.30 - 08.55	LANE SWIMMING 06.30 - 08.55	LANE SWIMMING 06.30 - 08.55	LANE SWIMMING 06.30 - 07.25	SUB AQUA CLUB 07.30 - 09.30
	LANE SWIMMING (DEEP WATER) 09.00 - 09.55	ACTIVE SENIOR SWIM (LANES 3-6) 09.00 - 10.30	LANE SWIMMING (DEEP WATER) 09.00 - 13.00	LANE SWIMMING (DEEP WATER) 09.00 - 13.00	LANE SWIMMING (DEEP WATER) 09.00 - 14.55	SWIM LESSONS 07.30 - 12.00		MERMAID SWIM (COURSE) 09.30 - 10.30
	AQUA ZUMBA (SHALLOW END) 09.15 - 10.00	LANE SWIMMING (LANES 1,2) 09.00 - 10.30	PRIMARY SCHOOL SWIMMING 09.00 - 13.00	PRIMARY SCHOOL SWIMMING 09.00 - 12.00	PRIMARY SCHOOL SWIMMING 09.00 - 15.00	GENERAL SWIMMING (LANES 4,5,6) 10.00 - 14.00		LANE SWIMMING (LANES 4,5,6) 09.35 - 11.30
	GENERAL SWIMMING (LANES 1,2,3) 10.00 - 11.55	GENERAL SWIMMING (LANES 3,4,5,6) 10.30 - 11.55	GENERAL SWIMMING (LANES 3,4,5,6) 13.00 - 15.55	ACTIVE SENIOR SWIM (LANES 3,4,5,6) 12.00 - 12.55	GENERAL SWIMMING (LANES 1,2,3,4) 15.00 - 15.55	ADULT SWIMMING LESSONS 11.30 - 12.00		MERMAID SWIM (COURSE) 10.30 - 11.30
	LANE SWIMMING (LANES 4,5,6) 10.00 - 11.55	D.I.S.C 10.30 - 11.55	LANE SWIMMING (LANES 1,2) 13.00 - 14.00	LANE SWIMMING (LANES 1,2) 12.00 - 12.55	SWIM LESSONS 16.00 - 19.00	LANE SWIMMING (LANES 1,2,3) 12.00 - 14.00		FAMILY FUN 11.35 - 14.30
	PRIMARY SCHOOL SWIMMING 12.00 - 15.00	PRIMARY SCHOOL SWIMMING 12.00 - 15.00	SCHOOL SWIMMING 14.00 - 15.00	PRIMARY SCHOOL SWIMMING 13.00 - 15.00	LANE SWIMMING (DEEP WATER) 17.30 - 18.55	FAMILY FUN 14.00 - 17.25		GENERAL SWIMMING (LANES 3,4,5,6) 14.30 - 17.25
	LANE SWIMMING (DEEP WATER) 12.00 - 15.00	LANE SWIMMING (DEEP WATER) 12.00 - 15.00	LANE SWIMMING (LANES 1,2) 15.00 - 15.55	LANE SWIMMING (DEEP WATER) 13.30 - 15.55	FAMILY FUN 19.00 - 20.55	LANE SWIMMING 17.30 - 18.30		LANE SWIMMING (LANES 1,2) 14.30 - 17.25
	GENERAL SWIMMING 15.00 - 16.00	GENERAL SWIMMING 15.00 - 16.00	LANE SWIMMING (DEEP WATER) 17.30 - 19.25	AQUA (SHALLOW END) 15.00 - 15.45	LANE SWIMMING 21.00 - 22.00	CLUB BOOKING 18.30 - 20.30		COMPETITION CLUBS 17.30 - 20.00
	SWIMMING LESSONS 16.00 - 18.45	SWIM LESSONS 16.00 - 19.30	FAMILY FUN 19.00 - 20.55	SWIM LESSONS 16.00 - 18.00				CLUB BOOKING 20.30 - 21.30
	CLUB BOOKING (DEEP WATER) 17.30 - 19.30	LANE SWIMMING (DEEP WATER) 17.30 - 19.30	LANE SWIMMING 21.00 - 22.00	ROOKIE & LIFESAVING 16.30 - 18.00				
	AQUA 18.45 - 19.30	ADULT SWIMMING LESSONS 18.50 - 19.30		DIVING LESSONS 18.00 - 20.15				
	GENERAL SWIMMING (LANES 3 - 6) 19.35 - 21.00	GENERAL SWIMMING (LANES 4,5,6) 19.35 - 21.00		CLUB BOOKING 18.00 - 20.00				
LANE SWIMMING (LANES 1,2,3) 19.35 - 21.00	LANE SWIMMING (LANES 4,5,6) 21.00 - 22.00		NATIONAL POOL LIFEGUARD (LANES 5,6) 20.00 - 22.00					
LANE SWIMMING 21.00 - 22.00			AQUA BOOTCAMP 20.10 - 20.55					
			LANE SWIMMING (LANES 1,2,3,4) 21.00 - 22.00					

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# YARBOROUGH LEISURE CENTRE SWIMMING TIMETABLE

15TH JULY - 14TH OCTOBER

TEACHING POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	PARENT AND TODDLER (UNDER 5) 09.00 - 11.00	PARENT & TODDLER (UNDER 5) 09.00 - 12.00	PRIMARY SCHOOL SWIMMING 09.00 - 13.00	PRIMARY SCHOOL SWIMMING 09.00 - 12.00	PRIMARY SCHOOL SWIMMING 09.00 - 15.00	SWIM LESSONS 07.30 - 10.00	PARENT & CHILD SWIM (UNDER 8) 08.00 - 12.00
	SWIM LESSONS 11.00 - 12.00	PRIMARY SCHOOL SWIMMING 12.00 - 15.00	SWIM LESSONS 13.00 - 14.00	LITTLE FINS (COURSE) 12.00 - 13.00	SWIM LESSONS 16.00 - 19.00	DISNEY INSPIRED SWIM SESSION - TOY STORY 4 10.15 - 11.00	GENERAL SWIMMING 12.00 - 17.30
	PRIMARY SCHOOL SWIMMING 12.00 - 15.00	SWIM LESSONS 15.00 - 19.00	PARENT AND TODDLER (UNDER 5) 14.00 - 15.55	PRIMARY SCHOOL SWIMMING 13.00 - 15.00	FAMILY FUN 19.00 - 21.00	GENERAL SWIMMING 11.00 - 15.00	CLUB BOOKING 17.30 - 20.00
	SWIM LESSONS 15.00 - 19.00	GENERAL SWIMMING 19.00 - 20.30	SWIM LESSONS 16.00 - 19.00	SWIM LESSONS 15.00 - 19.00	FAMILY FUN 15.00 - 17.25		
	LITTLE FINS (COURSE) 15.10 - 15.40		GENERAL SWIMMING 19.00 - 20.30				
	GENERAL SWIMMING 19.00 - 20.30						

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# YARBOROUGH LEISURE CENTRE GROUP EXERCISE TIMETABLE

15TH JULY - 31ST AUGUST

GROUP EXERCISE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>TOTAL TONE</b> 06.30 - 07.30 MAIN STUDIO	<b>LES MILLS BODYATTACK™</b> 09.30 - 10.30 MAIN STUDIO	<b>LES MILLS GRIT™</b> 06.45 - 07.15 MAIN STUDIO	<b>TOTAL TONE</b> 06.30 - 07.30 MAIN STUDIO	<b>KETTLEBELLS</b> 06.45 - 07.45 FITNESS SUITE	<b>LES MILLS BODYPUMP™</b> 09.30 - 10.30 MAIN STUDIO	<b>LES MILLS GRIT SERIES</b> 09.00 - 09.30 MAIN STUDIO
	<b>AQUA ZUMBA™</b> 09.15 - 10.00 POOL	<b>LES MILLS BODYBALANCE™</b> 10.30 - 11.30 MAIN STUDIO	<b>LES MILLS BODYPUMP™</b> 09.30 - 10.15 MAIN STUDIO	<b>LES MILLS BODYSTEP™</b> 09.30 - 10.15 MAIN STUDIO	<b>LES MILLS BODYPUMP™</b> 09.30 - 10.15 MAIN STUDIO	<b>BALLROOM BLITZ</b> 09.30 - 10.30 GYMNASIUM	<b>ZUMBA™ DANCE FITNESS</b> 09.30 - 10.30 MAIN STUDIO
	<b>LES MILLS BODYPUMP™</b> 09.30 - 10.30 MAIN STUDIO	<b>ACTIVE NATION HEALTH WALK</b> 10.45 - 11.45 OUTDOORS	<b>LES MILLS BODYCOMBAT™</b> 10.30 - 11.15 MAIN STUDIO	<b>CIRCUITS</b> 10.30 - 11.30 MAIN STUDIO	<b>LES MILLS BODYBALANCE™</b> 10.30 - 11.30 MAIN STUDIO	<b>LES MILLS BODYSTEP™</b> 10.30 - 11.30 MAIN STUDIO	<b>HATHA YOGA</b> 09.30 - 10.30 STUDIO 3
	<b>DANCE FUSION</b> 10.30 - 11.30 MAIN STUDIO	<b>BOLLYWOOD DANCE</b> 13.00 - 14.00 MAIN STUDIO	<b>LES MILLS GRIT™</b> 17.45 - 18.15 MAIN STUDIO	<b>SCULPT</b> 13.00 - 14.00 MAIN STUDIO	<b>LES MILLS BODYCOMBAT™</b> 17.30 - 18.15 MAIN STUDIO		<b>LES MILLS BODYCOMBAT™</b> 10.30 - 11.30 MAIN STUDIO
	<b>PILATES</b> 11.30 - 12.15 MAIN STUDIO	<b>GENTLE PILATES</b> 14.00 - 14.45 MAIN STUDIO	<b>LES MILLS BODYCOMBAT™</b> 18.15 - 19.00 MAIN STUDIO	<b>GENTLE PILATES</b> 14.00 - 14.45 MAIN STUDIO	<b>CLUBBERCISE™</b> 18.15 - 19.00 MAIN STUDIO		
	<b>SCULPT</b> 13.00 - 13.45 MAIN STUDIO	<b>HIGH PERFORMANCE CIRCUITS</b> 17.00 - 18.00 GYMNASIUM	<b>ZUMBA™ DANCE FITNESS</b> 19.00 - 20.00 GYMNASIUM	<b>AQUA</b> 15.00 - 15.45 POOL	<b>HATHA YOGA</b> 19.15 - 20.15 MAIN STUDIO		
	<b>MINDFUL MOVEMENT</b> 14.00 - 14.45 MAIN STUDIO	<b>STREET DANCE</b> 17.00 - 17.45 MAIN STUDIO	<b>STEP</b> 19.00 - 20.00 CYCLING STUDIO	<b>LES MILLS BODYPUMP™</b> 17.30 - 18.15 MAIN STUDIO			
	<b>LES MILLS GRIT™</b> 17.30 - 18.00 MAIN STUDIO	<b>LES MILLS BODYSTEP™</b> 18.00 - 18.45 MAIN STUDIO	<b>PILATES</b> 19.15 - 20.15 MAIN STUDIO	<b>CIRCUITS</b> 17.30 - 18.30 GYMNASIUM			
	<b>LES MILLS BODYCOMBAT™</b> 18.15 - 19.15 MAIN STUDIO	<b>BUNS OF STEEL</b> 18.15 - 19.00 GYMNASIUM	<b>HATHA YOGA</b> 20.15 - 21.15 MAIN STUDIO	<b>LES MILLS BODYATTACK™</b> 18.20 - 19.05 MAIN STUDIO			
<b>AQUA</b> 18.50 - 19.30 POOL	<b>KETTLEBELLS</b> 19.00 - 20.00 CYCLING STUDIO		<b>LES MILLS BODYCOMBAT™</b> 19.05 - 19.50 MAIN STUDIO				
<b>STRETCH &amp; FLEX</b> 19.30 - 20.15 CYCLING STUDIO	<b>LES MILLS BODYPUMP™</b> 19.00 - 20.00 MAIN STUDIO		<b>BOXERCISE™</b> 19.30 - 20.30 GYMNASIUM				
<b>LES MILLS BODYPUMP™</b> 19.30 - 20.15 MAIN STUDIO	<b>LES MILLS BODYBALANCE™</b> 20.00 - 21.00 MAIN STUDIO		<b>LES MILLS CXWORX™</b> 19.50 - 20.20 MAIN STUDIO				
<b>ZUMBA™ DANCE FITNESS</b> 20.15 - 21.15 GYMNASIUM			<b>AQUA BOOTCAMP</b> 20.10 - 20.50 POOL				

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# YARBOROUGH LEISURE CENTRE GROUP EXERCISE TIMETABLE

15TH JULY - 31ST AUGUST

CYCLING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	<b>LES MILLS RPM™</b> 18.30 - 19.15 CYCLING STUDIO	<b>LES MILLS RPM™</b> 07.00 - 07.30 CYCLING STUDIO	<b>LES MILLS RPM™</b> 09.30 - 10.15 CYCLING STUDIO	<b>TEAM RIDE</b> 18.30 - 19.15 CYCLING STUDIO	<b>LES MILLS RPM™</b> 09.30 - 10.15 CYCLING STUDIO	<b>LES MILLS RPM™</b> 08.00 - 08.45 CYCLING STUDIO		
		<b>TEAM RIDE</b> 09.30 - 10.15 CYCLING STUDIO	<b>LES MILLS SPRINT™</b> 17.30 - 18.00 CYCLING STUDIO		<b>FAMILY RIDE (11+)</b> 17.45 - 18.15 CYCLING STUDIO	<b>LES MILLS SPRINT™</b> 08.50 - 09.20 CYCLING STUDIO		
		<b>LES MILLS RPM™</b> 18.00 - 18.45 CYCLING STUDIO	<b>LES MILLS RPM™</b> 18.05 - 18.50 CYCLING STUDIO		<b>LES MILLS RPM™</b> 18.30 - 19.15 CYCLING STUDIO			

STUDIO 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	<b>SOFTPLAY (UNDER 5S)</b> 10.00 - 11.00 STUDIO 3	<b>SPORTS ZONE (UNDER 5S)</b> 10.00 - 11.00 STUDIO 3			<b>SOFTPLAY (UNDER 5S)</b> 10.00 - 11.00 STUDIO 3	<b>SOFTPLAY AVAILABLE FOR PARTIES</b> 11.30 - 13.00 STUDIO 3	<b>HATHA YOGA</b> 09.30 - 10.30 STUDIO 3	
		<b>BALANCEABILITY (UNDER 5S)</b> 11.00 - 12.00 STUDIO 3			<b>SOFTPLAY (UNDER 5S)</b> 11.00 - 12.00 STUDIO 3	<b>SOFTPLAY AVAILABLE FOR PARTIES</b> 13.30 - 15.00 STUDIO 3		
						<b>SOFTPLAY AVAILABLE FOR PARTIES</b> 15.30 - 17.00 STUDIO 3		

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