

Time	Class	Area	Time	Class	Area
MONDAY			THURSDAY		
6.45am – 7.30am	● Spin	DS	6.45am – 7.30am	● Spin	DS
9am – 9.45am	● Aqua	CP	10am – 10.45am	● Calorie burner	SH
10am – 10.45am	● LBT	SH	11am – 11.45	● Kettlebells	DS
10am – 10.40am	● Aqua	CP	11am – 12noon	● Walking football	SH
10.45am – 11.30am	● Aqua	CP	1pm – 2pm	● Walking football	SH
11am – 12noon	● Spin	DS	5.30pm – 6.15pm	● Zumba	SH
11.45am – 12.30pm	○ Nice 'n' Easy	SH	6pm – 6.45pm	● Spin	DS
5.45pm – 6.30pm	● Pump Max	SH	6.15pm – 7pm	● LBT	SH
5.45pm – 6.30pm	● Spin	DS	7pm – 7.45pm	● Spin	DS
6.40pm – 7.20pm	● Spin	DS			
6.45pm – 7.30pm	● Box fit	SH	FRIDAY		
7pm – 7.45pm	● Hydro circuits	CP	6.45am – 7.30am	● Spin	DS
7.30pm – 8.15pm	● Core	DS	9am – 9.45pm	● Aqua	CP
TUESDAY			10am – 10.45pm	● Spin	DS
6.45am – 7.30am	● Express circuits	DS	10am – 10.45pm	● Zumba	SP
10am – 10.45am	● Spin	DS	11am – 11.45pm	● Pump max	SP
11am – 11.45am	● Step	DS	12noon – 12.45pm	● Pilates	DS
12noon – 12.45pm	○ Yoga	DS	5.15pm – 6pm	● Step	DS
5.15pm – 6pm	● Fitness aerobics	DS	6pm – 6.45pm	● LBT	DS
6.05am – 6.50am	● Step	DS	6pm – 7pm	● Circuit	SH
6pm – 6.45pm	● Boot camp	SH			
7.05pm – 7.50pm	● Spin	DS	SATURDAY		
7pm – 7.45pm	● Body conditioning	SH	8.30am – 9.15am	● Fitness Yoga	DS
WEDNESDAY			9.30am – 10.15am	● Fitness Yoga	DS
6.45am – 7.30am	● Spin	DS	10.30am – 11.15am	● Spin	DS
9am – 9.45am	● Aqua circuits	CP	11.30am – 12.15am	● Spin	DS
10am – 10.45pm	● Body conditioning	SP	11.30am – 12.15am	● Totally Shredded	CP
11am – 11.45pm	● Spin	DS	12noon – 12.45am	● Aqua	SH
4.30pm – 5.15pm	● Funtastic fitness	SH			
5.30pm – 6.15pm	● Core	DS	SUNDAY		
5.30pm – 6.15pm	● Step	SH	10am – 11am	● Walking football	SH
6.30pm – 7.15pm	● Dance fusion	DS	10am – 10.45am	● Spin	DS
6.30pm – 7.15pm	● Pump max	SH	11.15am – 12noon	● Spin	DS
7pm – 7.45pm	● Aqua	CP			
7.30pm – 8.15pm	○ Yoga / Pilates	DS			
7.45pm – 8.30pm	● Aqua	CP			

KEY

DS - Dance Studio
 SH - Sports Hall
 CP - Community Pool

○ - LIGHT intensity ● - Junior Activity
 ● - MODERATE intensity
 ● - HIGH intensity

This timetable is subject to change, please check at the reception.

Please arrive five minutes before the class start time. If you arrive after the class start time your space may be offered to someone else. Participant's minimum age for all classes is 14 years and participants ages 14 – 15 years must be accompanied in the class by an adult. The last ticket sold for all activities is 1 hour before closure.

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		7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
MONDAY	M		PUBLIC SWIM	PUBLIC SWIMMING										COLSC		ADULTS ONLY (Lane)	
	C	PUBLIC SWIMMING		AQUA 50+	AQUA 50+	AQUA 50+	PUBLIC 50+ SWIM	WOMEN ONLY	PUBLIC	FAMILY SPLASH	PUBLIC	LEARN 2 SWIM		HYDRO CIRCUITS	ADULTS ONLY		
TUESDAY	M		PUBLIC SWIMMING	PUBLIC SWIMMING										COLSC		WOMEN ONLY	
	C			LEARN 2 SWIM	AQUA TOTS	LEARN 2 SWIM	PUBLIC	FAMILY SPLASH	PUBLIC SWIM	PUBLIC SWIM	LEARN 2 SWIM	PUBLIC SWIMMING	WOMEN ONLY				
WEDNESDAY	M		PUBLIC SWIMMING	PUBLIC SWIMMING										COLSC		SYNCRO	
	C			AQUA	WOMEN ONLY	PUBLIC 50+	PUBLIC SWIMMING	FAMILY SPLASH	PUBLIC	LEARN 2 SWIM		AQUA	ADULTS ONLY				
THURSDAY	M		PUBLIC SWIMMING	PUBLIC SWIMMING										COLSC		TRI CLUB	ADULTS ONLY
	C			AQUA TOTS	PUBLIC SWIMMING			FAMILY SPLASH	PUBLIC SWIM	PUBLIC SWIM	LEARN 2 SWIM	PUBLIC SWIMMING	ADULTS ONLY				
FRIDAY	M		PUBLIC SWIM	PUBLIC SWIMMING										COLSC		ADULTS ONLY	
	C	PUBLIC SWIMMING		AQUA	PUBLIC SWIMMING			FAMILY SPLASH	PUBLIC SWIMMING					ADULTS ONLY			
SATURDAY	M			PUBLIC SWIMMING					DEEP WATER (Lane) If no party booked								
	C			LEARN 2 SWIM		AQUA	FAMILY SPLASH	PUBLIC	SWIM PARTY (If booked)	PUBLIC SWIMMING							
SUNDAY	M			PUBLIC SWIMMING			Under 16's CITY RESIDENTS FREE SWIM			PUBLIC SWIMMING							
	C			PUBLIC SWIMMING 1.8M			PUBLIC SWIMMING		PUBLIC	SWIM PARTY (If booked)	PUBLIC SWIMMING						

M - Main Pool C - Community Pool

This programme is subject to change, please contact the centre to confirm information.

		7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	
MONDAY	M		PUBLIC SWIM	PUBLIC SWIMMING										COLSC		ADULTS ONLY		
	C	EARLY MORNING SWIMMING		AQUA 50+	AQUA 50+	AQUA 50+	PUBLIC 50+	WOMEN ONLY	SCHOOLS	PUBLIC SWIM	LEARN 2 SWIM		HYDRO CIRCUITS	ADULTS ONLY				
TUESDAY	M		EARLY MORNING SWIMMING	PUBLIC SWIMMING										COLSC		WOMEN ONLY		
	C			LEARN 2 SWIM	AQUA TOTS	LEARN 2 SWIM	SCHOOLS	PUBLIC SWIMMING		PUBLIC SWIMMING	WOMEN ONLY							
WEDNESDAY	M		EARLY MORNING SWIMMING	PUBLIC	SCHOOLS	PUBLIC SWIMMING	SCHOOLS	PUBLIC	PUBLIC SWIMMING					COLSC		SYNCRO		
	C			AQUA	WOMEN ONLY	PUBLIC 50+	PUBLIC	SCHOOLS	PUBLIC SWIM	LEARN 2 SWIM		AQUA	AQUA	ADULTS ONLY				
THURSDAY	M		EARLY MORNING SWIMMING	PUBLIC SWIM	SCHOOLS	PUBLIC SWIM			PUBLIC SWIMMING					COLSC		TRI CLUB	ADULTS ONLY	
	C			AQUA TOTS	SCHOOLS	PUBLIC SWIMMING			LEARN 2 SWIM	PUBLIC SWIMMING		ADULTS ONLY						
FRIDAY	M		PUBLIC SWIM	PUBLIC SWIMMING					SCHOOLS	PUBLIC	PUBLIC SWIMMING					COLSC		ADULTS ONLY
	C	EARLY MORNING SWIMMING		AQUA	SCHOOLS	PUBLIC SWIM	SCHOOLS	PUBLIC SWIMMING			SWIM FIT	PUBLIC SWIM	ADULTS ONLY					
SATURDAY	M			PUBLIC SWIMMING					DEEP WATER (Lane) If no party booked									
	C			LEARN 2 SWIM		AQUA	FAMILY SPLASH	PUBLIC	SWIM PARTY (If booked)	PUBLIC SWIMMING								
SUNDAY	M			PUBLIC SWIMMING			Under 16's CITY RESIDENTS FREE SWIM			DEEP WATER (Lane) If no party booked								
	C			PUBLIC SWIMMING 1.8M			PUBLIC SWIMMING		PUBLIC	SWIM PARTY (If booked)	PUBLIC SWIMMING							

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