


Sports Club Timetable 2025

	Lane Swim (Swimmers must be 12yrs or over)	Open Pool Swim	Gym (Members aged 16 years and over only)	Fitness Classes (Members aged 16 years and over only)
Monday	6.00am - 8.00am 8.00pm - 9.00pm	8.00am - 9.30am 7.00pm - 8.00pm	6.00am - 9.30am 4.00pm - 9.00pm	8.00am - 8.55am 9.00am - 9.55am Stretch and Tone 6.30pm - 7.15pm Total Body Fitness 7.00pm - 7.45pm Pilates
Tuesday	6.00am - 7.00am 6.00pm - 7.00pm 7.00pm - 8.00pm	8.00am - 10.30am	6.00am - 10.30am 4.00pm - 9.00pm	8.15am - 9.00am 9.15am -10.00am Pilates
Wednesday	6.00am - 8.00am 8.00pm - 9.00pm	8.00am - 9.30am 7.00pm - 8.00pm	6.00am - 9.30am 4.00pm - 9.00pm	6.00pm - 6.45pm 7.00pm - 7.45pm Pilates
Thursday	6.00am - 7.00am 8.00pm - 9.00pm	8.00am - 10.30am 5.00pm - 6.00pm	6.00am - 10.30am 4.00pm - 9.00pm	8.15am - 09.00am Condition and Tone 6.00pm - 6.45pm Hydrofit 6.30pm - 7.15pm Total Body Fitness
Friday	6.00am - 8.00am 8.00pm - 9.00pm	8.00am - 10.00am 6.00pm - 8.00pm	6.00am - 10.30am 4.00pm - 9.00pm	9.00am - 9.45am Cardio and Tone 10.00am - 10.40am Aquafit
Saturday	8.00am - 9.00am 4.00pm - 5.00pm	*12.00pm - 2.00pm (Family Swim session) 2.00pm - 4.00pm	8.00am - 5.00pm	8.15am - 9.00am 9.15am - 10.00am Pilates
Sunday	8.00am - 10.00am 3.00pm - 4.00pm	10.00am - 12.00am *12.00pm - 2.00pm (Family Swim session) 2.00pm - 3.00pm	8.00am - 4.00pm	3.00pm - 4.30pm Badminton in the Knight Sports Centre