

# Members' Activity Timetable

Monday 23rd March - Sunday 29th March 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pool</b>	06:00 - 07:30 Lane Swimming	06:00 - 07:30 Lane Swimming	06:00 - 07:30 Lane Swimming	06:00 - 07:30 Lane Swimming	06:00 - 07:30 Lane Swimming	08:00 - 09:30 Members' Swim	09:00 - 10:30 Members' Swim
	07:30 - 09:00 Members' Swim	07:30 - 08:45 Members' Swim	07:30 - 08:30 Members' Swim	07:30 - 08:30 Members' Swim	07:30 - 10:30** Members' Swim	09:30 - 11:00 Family Splash	10:30 - 13:30 Family Splash
	09:00 - 10:30 Adult Only Lane Swimming	08:45 - 09:45 Adult Only Lane Swimming	08:30 - 11:30 Adult Only Lane Swimming	08:30 - 09:15 Adult Only Lane Swimming	11:30 - 19:00 Members' Swim	11:00 - 14:00 Adult Only Lane Swimming	15:00 - 17:30 Members' Swim
	11:30 - 14:00 Members' Swim	09:45 - 10:30 Members' Swim	12:30 - 14:30 Members' Swim	09:15 - 10:30 Members' Swim		14:00 - 15:30 Members' Swim	
	15:00 - 16:30 Adult Only Lane Swimming	11:30 - 14:00 Members' Swim	16:00 - 18:00 Adult Only Lane Swimming	11:30 - 12:30 Adult Only Lane Swimming		17:00 - 19:00 Members' Swim	
	17:30 - 21:00 Adult Only Lane Swimming	17:30 - 19:30 Members' Swim	18:00 - 19:30 Members' Swim	12:30 - 14:00 Members' Swim  16:00 - 19:00 Member Swim  19:00 - 20:00 Adult Only Lane Swimming		19:00 - 20:00 Adult Only Lane Swimming	
<b>Sauna</b>	07:00 - 16:30 17:30 - 21:00	07:00 - 14:00 17:30 - 21:00	07:00 - 14:30 16:00 - 21:00	07:00 - 21:00	07:00 - 21:00	09:00 - 20:00	10:00 - 19:00
<b>Fitness Suite</b>	06:00 - 09:45 11:00 - 16:30 18:00 - 21:00	06:00 - 09:30 10:45 - 14:00 18:00 - 21:00	06:00 - 21:00	06:00 - 21:00	06:00 - 21:00	08:00 - 20:00	09:00 - 19:30
<b>Athletics Track</b>	08:00 - 18:00	08:00 - 14:00 16:30 - 17:30	08:00 - 18:00	08:00 - 17:30	08:00 - 16:30	08:00 - 18:00	13:00 - 18:00
<b>Clay Tennis Courts</b>	08:00 - 11:00 12:00 - 18:00 19:30 - 21:00	08:00 - 11:00 12:00 - 14:00 16:30 - 18:00 19:30 - 21:00	08:00 - 11:00 12:00 - 21:00	08:00 - 11:00 12:00 - 21:00	08:00 - 11:00 12:00 - 21:00	09:00 - 20:00	09:00 - 19:00

Adult Only Swimming - Adult Members (aged 16+).

Adult Only Lane Swimming - Lane Swimming in half the pool for Adult Members only (aged 16+) with a private activity in the other half.

Family Splash - Sessions for families with floats and toys in half the pool and Lane Swimming in the other half.

Lane Swimming - Lane Swimming in half the pool for Members only with a private activity in the other half.

Members' Swim - Lane Swimming in half the pool for Members and half the pool open for Members' casual swimming.

Athletics Track - Inside two lanes of the Track are not to be used.

Tennis Courts - Please book at Reception.

**\*\*Friday (07:30 - 10:00) - This session is shared with Active Life Members**