

BOURNE LEISURE CENTRE



Timetables

2024



UNLIMITED GYM, SWIM AND GROUP EXERCISE CLASSES

leisuresk.co.uk

MAIN POOL TIMETABLE (TERM TIME)

BOURNE LEISURE CENTRE

*AQUAFIT TIMES ARE SUBJECT TO CHANGE DURING HALF TERM/SCHOOL HOLIDAYS.
LINCOLNSHIRE TERM TIMES APPLICABLE.



		06:00-06:30	06:30-07:00	07:00-07:30	07:30-08:00	08:00-08:30	08:30-09:00	09:00-09:30	09:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00	12:00-12:30	12:30-13:00	13:00-13:30	13:30-14:00	14:00-14:30	14:30-15:00	15:00-15:30	15:30-16:00	16:00-16:30	16:30-17:00	17:00-17:30	17:30-18:00	18:00-18:30	18:30-19:00	19:00-19:30	19:30-20:00	20:00-20:30	20:30-21:00	21:00-21:30	21:30-22:00					
MONDAY	LANES SHALLOW	Lane Swimming 06:00-07:00	Lane Swimming 07:00-08:00	Lane Swimming 08:00-09:00	Lane Swimming 09:00-09:45	School Swimming 10:00-12:15		Lane Swimming 12:15-13:15		School Swimming	Aquafit* 14:00-14:45	Swim 4 All 14:45-15:45	Swim School 16:00-19:00			Lane Swimming 19:00-20:00	Aquafit 20:15-21:00																					
	LANES DEEP																																					
TUESDAY	LANES SHALLOW	Lane Swimming 06:00-07:00	Lane Swimming 07:00-08:00	Lane Swimming 08:00-09:00	School Swimming 09:15-11:30			Swim 4 All 11:30-12:30	Lane Swimming 12:15-13:15	Toddler Splash 13:30-14:30	Swim 4 All 14:45-15:45	Swim School 16:00-18:45			Aquafit 19:00-19:45	Lane Swimming 20:00-21:30																						
	LANES DEEP																																					
WEDNESDAY	LANES SHALLOW	Lane Swimming 06:00-07:00	Lane Swimming 07:00-08:00	Lane Swimming 08:00-09:00	School Swimming 09:15-12:15		Lane Swimming 12:15-13:15		School Swimming	Aquafit* 14:00-14:45	Swim 4 All 14:45-15:45	Swim School 16:00-19:30			Lane Swimming 19:30-21:00																							
	LANES DEEP																																					
THURSDAY	LANES SHALLOW	Lane Swimming 06:00-07:00	Lane Swimming 07:00-08:00	Lane Swimming 08:00-09:00	School Swimming 09:15-12:15		Lane Swimming 12:15-13:15		School Swimming 13:15-14:45	Swim School 16:00-18:30			Swimming Club 18:30-20:00	Lane Swimming 20:00-21:30																								
	LANES DEEP																																					
FRIDAY	LANES SHALLOW	Lane Swimming 06:00-07:00	Lane Swimming 07:00-08:00	Lane Swimming 08:00-09:00	Lane Swimming 09:00-10:00	Toddler Splash 11:00-12:00	Lane Swimming 12:15-13:15		Aquafit* 13:15-14:00	Swim 4 All 14:00-15:30	Swim School 15:45-18:15			Swim 4 All 18:15-19:15	Lane Swimming 19:30-20:30																							
	LANES DEEP																																					
SATURDAY	LANES SHALLOW		Lane Swimming 07:00-07:45	Swim School 08:00-11:00		Family Splash 11:15-12:45		Family Splash 13:30-15:00		Pool Parties 15:15-16:15																												
	LANES DEEP																																					
SUNDAY	LANES SHALLOW		Lane Swimming 07:00-08:00	Swim School 08:00-10:30		Family Splash 11:15-12:45		Family Splash 13:30-15:00		Pool Parties 15:15-16:15																												
	LANES DEEP			Lane Swimming 08:00-9:00	SEN Family Session 09:30-10:30																																	

For swim information or available spaces on swimming lessons phone **01778 301099**. To book your swim session please visit WWW.LEISURESK.CO.UK or book through the **LEISURESK APP**.

GROUP EXERCISE CLASSES

BOURNE LEISURE CENTRE

More information:
www.leisuresk.co.uk



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09:15 – 09:45 BODY BLAST	09:30 – 10:15 WEIGHT MANAGEMENT	10:00 – 10:45 STRENGTH, CORE & ABS	10:00 – 10:45 LBT	09:30 – 10:15 PILATES	08:15 – 09:00 INDOOR CYCLING
10:00 – 10:45 PILATES	10:30 – 11:15 LBT	11:00 – 11:45 BODY TONE	10:45 – 11:30 BODY CONDITIONING	10:30 – 11:15 HYBRID HIIT	09:00 – 09:45 STRETCH AND TONE
11:00 – 11:45 BAL & COORDINATION	11:30 – 12:15 AEROBICS	12:00 – 12:45 STEP	13:00 – 13:45 STRENGTH, CORE, ABS	11:30 – 12:15 INDOOR CYCLING	9:15 – 10:00 BODY CONDITIONING
13:30 – 14:15 CANCER REHAB	13:30 – 14:15 CARDIAC REHAB	14:00 – 14:45 AQUAFIT*	13:45 – 14:30 YOGA FUSION	13:15 – 14:00 AQUAFIT*	10:00 – 11:00 YOGA
14:00 – 14:45 AQUAFIT*	18:00 – 18:45 STRETCH AND TONE	18:00 – 18:45 BODY CONDITIONING	17:45 – 18:30 KETTLEBELLS	18:00 – 18:45 VIBE CYCLE	
16:00 – 16:45 COPD	19:00 – 19:45 AQUAFIT*	18:15 – 19:00 CIRCUITS	18:30 – 19:15 INDOOR CYCLING	19:00 – 19:45 VIBE POWER	
17:45 – 18:30 LBT	19:00 – 19:45 INDOOR CYCLING	19:00 – 19:45 MINDFULNESS MEDITATION	19:30 – 20:00 HIIT		
18:30 – 19:15 CORE STRENGTH		19:15 – 20:15 YOGA	20:00 – 20:45 VIBE BOX		
18:30 – 19:15 INDOOR CYCLING					
19:15 – 20:00 CIRCUITS					
19:30 – 20:15 BOXFIT					
20:15 – 21:00 AQUAFIT*					

WE ADVISE ALL CLASSES TO BE PRE-BOOKED VIA OUR WEBSITE OR LEISURESK APP

J = JUNIOR FRIENDLY CLASS P = PREGNANCY FRIENDLY CLASS

*During holidays Aquafit times may be subject to change.

STUDIO

POOL BASED

HALL



LEISURE**SK**

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