

Holiday Opening Times: 19 October to 3 November 2019

		Fitness Suite & Tennis	Free Weights Room	Swimming Pool			
Day	Date			Adults Lanes	Family Swim	General Swim	Adult Lanes
Saturday	19	09:00-18:00	09:00-18:00	Swimming Lessons		14:30-17:00	17:00-18:00
Sunday	20	09:00-21:00	09:00-21:00	Swimming Lessons	15:00-17:00	10:30-13:00	17:00-18:00
Monday	21	06:15-22:00	06:15-10:00 & 15:00-22:00	06:15-08:00	15:00-18:30 (3)	18:30-20:30	20:30-22:00
Tuesday	22	06:15-22:00	06:15-10:00 & 15:00-22:00	06:15-08:00 & 11:30-12:30	15:00-17:00	17:00-20:00	20:00-22:00
Wednesday	23	06:15-22:00	06:15-10:00 & 15:00-22:00	06:15-08:00 (4)	15:00-17:00	17:00-19:30	19:30-20:30
Thursday	24	06:15-22:00	06:15-10:00 & 15:00-22:00	06:15-08:00 & 11:30-12:30	15:00-18:30 (3)	18:30-20:00	20:00-22:00
Friday	25	06:15-22:00	06:15-10:00 & 15:00-22:00	06:15-08:00	15:00-17:00	18:00-19:30 (1)	19:30-21:00
Saturday	26	09:00-18:00	09:00-18:00	10:00-11:00	11:00-12:00	14:30-16:00 (1)	16:00-17:00 (1)
Sunday	27	09:00-21:00	09:00-21:00		15:00-16:00 (1)	10:30-13:00	16:00-17:00 (1)
Monday	28	06:15-22:00	06:15-10:00 & 15:00-22:00	06:15-08:00	15:00-17:00 (1)	18:00-20:30 (2)	20:30-22:00
Tuesday	29	06:15-22:00	06:15-10:00 & 15:00-22:00	06:15-08:00 & 11:30-12:30	15:00-17:00 (1)	18:00-20:00 (1)	20:00-22:00
Wednesday	30	06:15-22:00	06:15-10:00 & 15:00-22:00	06:15-08:00 (4)	15:00-17:00	17:00-19:30	19:30-20:30
Thursday	31	06:15 -09:30 & 10:00-22:00	06:15-10:00 & 15:00-22:00	06:15-08:00 & 11:30-12:30	15:00-18:30 (3)	18:30-20:00	20:00-22:00
Friday	1	06:15-22:00	06:15-10:00 & 15:00-22:00	06:15-08:00	15:00-17:00	17:00-19:30	19:30-21:00
Saturday	2	09:00-18:00	09:00-18:00	10:00-11:00	11:00-12:00	14:30-17:00	17:00-18:00
Sunday	3	09:00-21:00	09:00-21:00		15:00-17:00	10:30-13:00	17:00-18:00
Monday	4	Return to Normal Opening Hours					
(1) Please note adjusted swimming timings due to College residential group. (2) Family Swim half pool only 6-7pm, shared with Swim Club.							
(3) Half Pool only from 5:30-6:30pm (4) 4 out of 6 lanes available							
All Exercise Classes & Cycling Classes run as normal during half-term							
HDO Childrens Activity Camps: 21-25 Oct and 28 Oct - 1 Nov. Book now at holidaydropoff.com							

ADDITIONAL DAYTIME CYCLING SESSIONS - NO NEED TO BOOK, JUST DROP IN.

JUNIOR MEMBERS AGED 11+ WELCOME

Day	Date	Live Instructor	Live Instructor	Live Instructor	Les Mills Virtual	Les Mills Virtual	Les Mills Virtual
		Clide (45min)	Imelda (45min)	Cassie (45min)	The Trip (45m)	Sprint (30min)	RPM (30min)
Monday	21 & 28		11:30-12:15		9:00-9:45	13:00-13:30	16:00-16:30
Tuesday	22 & 29	12-12:45		Tuesday 29 Only-->	13:00-13:45	16:00-16:30	9:00-9:30
Wednesday	23 & 30		11:30-12:15		16:00-16:45	9:00-9:30	13:00-13:30
Thursday	24 & 31	12-12:45			9:00-9:45	13:00-13:45	16:00-16:30
Friday	25 & 1			12-12:45	13:00-13:45	16:00-16:30	9:00-9:30