



Teviotdale Leisure Centre

CLASSES TIMETABLE

Wednesday 08 December

| Time | Activity |
|---------------|-----------------|
| Wednesday | |
| 06:30 - 07:30 | Lane 1 Swimming |
| 06:30 - 07:30 | Lane 2 Swimming |
| 06:30 - 07:30 | Lane 3 Swimming |
| 07:30 - 08:30 | Lane 1 Swimming |
| 07:30 - 08:30 | Lane 2 Swimming |
| 07:30 - 08:30 | Lane 3 Swimming |
| 08:30 - 09:30 | Lane 1 Swimming |
| 08:30 - 09:30 | Lane 2 Swimming |
| 08:30 - 09:30 | Lane 3 Swimming |
| 09:00 - 10:30 | Soft Play |
| 10:00 - 10:45 | Aquafit |
| 10:45 - 12:15 | Soft Play |
| 11:00 - 11:30 | Toddler Time |
| 11:00 - 12:00 | Lane 2 Swimming |
| 11:00 - 12:00 | Lane 3 Swimming |
| 12:00 - 13:00 | Public Swimming |
| 12:00 - 13:00 | Family Swimming |
| 12:00 - 13:00 | Lane 2 Swimming |
| 12:00 - 13:00 | Lane 3 Swimming |

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|---------------|-----------------|
| 12:30 - 14:00 | Soft Play |
| 13:00 - 14:00 | Public Swimming |
| 13:00 - 14:00 | Family Swimming |
| 13:00 - 14:00 | Lane 3 Swimming |
| 14:15 - 15:45 | Soft Play |
| 16:00 - 17:30 | Soft Play |
| 17:15 - 17:45 | Spin |
| 17:30 - 18:30 | Lane 1 Swimming |
| 17:30 - 18:30 | Lane 2 Swimming |
| 17:30 - 18:30 | Lane 3 Swimming |
| 18:00 - 18:30 | Spin |
| 18:30 - 19:30 | Public Swimming |
| 18:30 - 19:30 | Family Swimming |
| 18:30 - 19:30 | Lane 2 Swimming |
| 18:30 - 19:30 | Lane 3 Swimming |
| 19:15 - 20:00 | Sh`Bam |
| 19:30 - 20:00 | Public Swimming |
| 19:30 - 20:00 | Family Swimming |
| 19:30 - 20:00 | Lane 2 Swimming |
| 19:30 - 20:00 | Lane 3 Swimming |

Thursday

| | |
|---------------|------------|
| 06:30 - 07:00 | Spin Thurs |
| 09:00 - 10:30 | Soft Play |
| 10:45 - 12:15 | Soft Play |
| 12:30 - 14:00 | Soft Play |
| 14:15 - 15:45 | Soft Play |
| 16:00 - 17:30 | Soft Play |

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|---------------|-----------------|
| 17:30 - 18:15 | Sh1ft |
| 17:30 - 18:30 | Lane 1 Swimming |
| 17:30 - 18:30 | Lane 2 Swimming |
| 18:15 - 19:00 | Pump |
| 18:30 - 19:00 | Lane 1 Swimming |
| 18:30 - 19:00 | Lane 2 Swimming |
| Friday | |
| 07:00 - 08:00 | Lane 1 Swimming |
| 07:00 - 08:00 | Lane 2 Swimming |
| 07:00 - 08:00 | Lane 3 Swimming |
| 08:00 - 09:00 | Lane 1 Swimming |
| 08:00 - 09:00 | Lane 2 Swimming |
| 08:00 - 09:00 | Lane 3 Swimming |
| 09:00 - 10:30 | Soft Play |
| 09:00 - 10:00 | Lane 1 Swimming |
| 09:00 - 10:00 | Lane 2 Swimming |
| 09:00 - 10:00 | Lane 3 Swimming |
| 10:00 - 11:00 | Public Swimming |
| 10:00 - 11:00 | Family Swimming |
| 10:00 - 11:00 | Lane 2 Swimming |
| 10:00 - 11:00 | Lane 3 Swimming |
| 10:45 - 12:15 | Soft Play |
| 11:00 - 12:00 | Public Swimming |
| 11:00 - 12:00 | Family Swimming |
| 11:00 - 12:00 | Lane 2 Swimming |
| 11:00 - 12:00 | Lane 3 Swimming |
| 12:00 - 13:00 | Public Swimming |

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| 12:00 - 13:00 | Family Swimming |
| 12:00 - 13:00 | Lane 3 Swimming |
| 12:30 - 14:00 | Soft Play |
| 13:00 - 14:00 | Public Swimming |
| 13:00 - 14:00 | Family Swimming |
| 13:00 - 14:00 | Lane 3 Swimming |
| 14:15 - 15:45 | Soft Play |
| 16:00 - 17:30 | Soft Play |
| 16:30 - 17:30 | Lane 1 Swimming |
| 16:30 - 17:30 | Lane 2 Swimming |
| 16:30 - 17:30 | Lane 3 Swimming |
| 17:30 - 18:30 | Lane 1 Swimming |
| 17:30 - 18:30 | Lane 2 Swimming |
| 17:30 - 18:30 | Lane 3 Swimming |
| 18:30 - 19:30 | Flume Fun |

Saturday

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|---------------|-----------------|
| 08:00 - 08:45 | Combat |
| 08:00 - 09:00 | Lane 1 Swimming |
| 08:00 - 09:00 | Lane 2 Swimming |
| 08:00 - 09:00 | Lane 3 Swimming |
| 09:00 - 10:00 | Soft Play |
| 09:00 - 09:30 | Spin |
| 09:00 - 10:00 | Public Swimming |
| 09:00 - 10:00 | Family Swimming |
| 09:00 - 10:00 | Lane 3 Swimming |
| 09:45 - 10:15 | Spin |
| 10:00 - 11:00 | Public Swimming |

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|---------------|-----------------|
| 10:00 - 11:00 | Family Swimming |
| 10:15 - 11:15 | Soft Play |
| 11:00 - 12:00 | Inflatable Fun |
| 11:30 - 12:30 | Soft Play |
| 12:00 - 13:00 | Public Swimming |
| 12:00 - 13:00 | Family Swimming |
| 12:45 - 13:45 | Soft Play |
| 13:00 - 14:00 | Flume Fun |
| 14:00 - 15:00 | Soft Play |

Sunday

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|---------------|-----------------|
| 09:00 - 10:00 | Soft Play |
| 09:00 - 10:00 | Public Swimming |
| 09:00 - 10:00 | Family Swimming |
| 09:00 - 10:00 | Lane 3 Swimming |
| 10:00 - 11:00 | Public Swimming |
| 10:00 - 11:00 | Family Swimming |
| 10:15 - 11:15 | Soft Play |
| 11:00 - 12:00 | Flume |
| 11:30 - 12:30 | Soft Play |
| 12:00 - 13:00 | Public Swimming |
| 12:00 - 13:00 | Family Swimming |
| 12:45 - 13:45 | Soft Play |
| 13:00 - 14:00 | Inflatable Fun |
| 14:00 - 15:00 | Soft Play |

Monday

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|---------------|-----------------|
| 06:30 - 07:00 | Spin Thurs |
| 06:30 - 07:30 | Lane 1 Swimming |

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|---------------|-----------------|
| 06:30 - 07:30 | Lane 2 Swimming |
| 06:30 - 07:30 | Lane 3 Swimming |
| 07:30 - 08:30 | Lane 1 Swimming |
| 07:30 - 08:30 | Lane 2 Swimming |
| 07:30 - 08:30 | Lane 3 Swimming |
| 08:30 - 09:30 | Lane 1 Swimming |
| 08:30 - 09:30 | Lane 2 Swimming |
| 08:30 - 09:30 | Lane 3 Swimming |
| 09:00 - 10:30 | Soft Play |
| 10:00 - 10:45 | Aquafit |
| 10:45 - 12:15 | Soft Play |
| 12:00 - 13:00 | Public Swimming |
| 12:00 - 13:00 | Family Swimming |
| 12:00 - 13:00 | Lane 3 Swimming |
| 12:30 - 14:00 | Soft Play |
| 13:00 - 14:00 | Public Swimming |
| 13:00 - 14:00 | Family Swimming |
| 13:00 - 14:00 | Lane 3 Swimming |
| 14:15 - 15:45 | Soft Play |
| 16:00 - 17:30 | Soft Play |
| 17:30 - 18:00 | Spin |
| 17:30 - 18:30 | Lane 1 Swimming |
| 17:30 - 18:30 | Lane 2 Swimming |
| 17:30 - 18:30 | Lane 3 Swimming |
| 18:15 - 19:00 | Combat |
| 18:30 - 19:30 | Lane 1 Swimming |
| 18:30 - 19:30 | Lane 2 Swimming |

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|---------------|-----------------|
| 18:30 - 19:30 | Lane 3 Swimming |
| 19:15 - 19:45 | Sh1ft M1nd |
| 19:30 - 20:00 | Lane 1 Swimming |
| 19:30 - 20:00 | Lane 2 Swimming |
| 19:30 - 20:00 | Lane 3 Swimming |

Tuesday

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|---------------|-------------------------|
| 06:30 - 07:00 | Spin |
| 07:30 - 08:15 | Sh1ft L1ft |
| 09:30 - 10:30 | Health Conditions Class |
| 11:00 - 12:30 | Soft Play |
| 17:15 - 17:45 | Spin |
| 18:30 - 19:15 | Combat |
| 19:30 - 20:15 | Pump |