

Main...

POOL TIMETABLE

MONDAY	6.30am-8.00am	Lane/Public Swim
	12.00pm-2.00pm	Lane/Public Swim
	12.30pm-1.30pm	Swim Smart Session
	2.00pm-3.00pm	School Swimming (term time only)
	4.30pm-6.00pm	Swim Starz Lessons /Public Swim
TUESDAY	6.30am-8.00am	Lane/Public Swim
	12.00pm-2.00pm	Lane/Public Swim
	2.00pm-3.00pm	School Swimming (term time only)
	4.30pm-6.00pm	Swim Starz Lessons /Public Swim
	6.00pm-7.00pm	Adult Swim Lessons
	8.00pm-9.30pm	Lane/Public Swim
WEDNESDAY	6.30am-8.00am	Lane/Public Swim
	6.30am-7.30am	Swim Smart Session
	12.00pm-2.00pm	Lane/Public Swim
	2.00pm-3.00pm	School Swimming (term time only)
	4.30pm-6.00pm	Swim Starz Lessons /Public Swim
	8.00pm-9.30pm	Adults only Swim
THURSDAY	12.00pm-2.00pm	Lane/Public Swim
	2.00pm-3.00pm	School Swimming (term time only)
	4.30pm-6.00pm	Swim Starz Lessons /Public Swim
	8.00pm-9.30pm	Lane/Public Swim
FRIDAY	6.30am-8.00am	Lane/Public Swim
	12.00pm-2.00pm	Lane/Public Swim
	2.00pm-3.00pm	School Swimming (term time only)
	8.00pm-9.30pm	Lane/Public Swim
SATURDAY	9.45am-1.45pm	Lane/Public Swim
	12.00pm-1.00pm	Swim Starz Lessons
	2.00pm-3.30pm	Family Inflatable Session
	3.45pm-6.15pm	Lane/Public Swim
SUNDAY	7.30am-1.45pm	Lane/Public Swim
	2.00pm-3.30pm	Family Inflatable Session

Training...

POOL TIMETABLE

MONDAY	12.00pm-1.00pm	Ladies Only Swim
	1.00pm-3.00pm	School Swimming (term time only)
	4.00pm-5.30pm	Swim Starz Lessons
	7.00pm-9.00pm	Public Swim
TUESDAY	12.00pm-1.00pm	Diamond Club Swim/Disabled Session
	1.00pm-3.00pm	School Swimming (term time only)
	4.00pm-5.30pm	Swim Starz Lessons
	6.00pm-7.00pm	Adult Swim Lessons
	7.00pm-8.00pm	Aqua Zumba
WEDNESDAY	12.00pm-1.00pm	Diamond Club Swim/Disabled Session
	1.00pm-3.00pm	School Swimming (term time only)
	4.00pm-5.30pm	Swim Starz Lessons
	8.00pm-9.00pm	Aqua Fit
THURSDAY	6.30am-8.00am	Lane Swim
	12.00pm-1.00pm	Diamond Club Swim/Disabled Session
	1.00pm-3.00pm	School Swimming (term time only)
	4.00pm-5.30pm	Swim Starz Lessons
	5.30pm-7.00pm	Public Swim
	7.00pm-8.00pm	Aqua Zumba
	8.00pm-9.00pm	Ladies Only Swim
FRIDAY	11.00am-12.00pm	Aqua Fit
	12.00pm-1.00pm	Diamond Club Swim/Disabled Session
	1.00pm-3.00pm	School Swimming (term time only)
	5.00pm-8.00pm	Public Swim
	8.00pm-9.00pm	Youth Zone Swim
SATURDAY	7.30am-8.30am	Public Swim
	8.30am-11.30am	Swim Starz Lessons
	12.00pm-1.00pm	Ladies Only Swim
	1.00pm-2.00pm	Available for Party Starz
	3.00pm-4.00pm	Available for Party Starz
SUNDAY	12.00pm-1.00pm	Ladies Only Swim
	1.00pm-2.00pm	Available for Party Starz
	3.00pm-4.00pm	Available for Party Starz
	4.00pm-5.00pm	Public Swim

Teaching...

POOL TIMETABLE

MONDAY	9.30am-10.30am	Family Swim
	10.30am-11.30am	Aqua Starz
	11.30am-1.00pm	Family Swim
	1.00pm-3.00pm	School Swimming (term time only)
	3.00pm-4.00pm	Family Swim
	4.00pm-6.00pm	Swim Starz Lessons
	6.00pm-7.30pm	Family Swim
TUESDAY	9.30am-10.30am	Family Swim
	10.30am-11.30am	Aqua Starz
	11.30am-1.00pm	Family Swim
	1.00pm-3.00pm	School Swimming (term time only)
	3.00pm-4.00pm	Family Swim
	4.00pm-6.00pm	Swim Starz Lessons
	6.00pm-7.30pm	Family Swim
WEDNESDAY	9.30am-10.30am	Family Swim
	10.30am-11.30am	Aqua Starz
	11.30am-1.00pm	Family Swim
	1.00pm-3.00pm	School Swimming (term time only)
	3.00pm-4.00pm	Family Swim
	4.00pm-6.00pm	Swim Starz Lessons
	6.00pm-7.30pm	Family Swim
THURSDAY	9.30am-10.30am	Family Swim
	10.30am-11.30am	Aqua Starz
	11.30am-1.00pm	Family Swim
	1.00pm-3.00pm	School Swimming (term time only)
	3.00pm-4.00pm	Family Swim
	4.00pm-6.00pm	Swim Starz Lessons
	6.00pm-7.30pm	Family Swim
FRIDAY	9.30am-1.00pm	Family Swim
	1.00pm-3.00pm	School Swimming (term time only)
	4.00pm-5.00pm	Aqua Starz
	5.00pm-7.30pm	Family Swim
SATURDAY	7.30am-8.30am	Family Swim
	8.30am-12.00pm	Aqua Starz
	12.00pm-1.00pm	Family Swim
	1.00pm-2.00pm	Available for Party Starz
	2.00pm-3.00pm	Family Swim
	3.00pm-4.00pm	Available for Party Starz
	4.00pm-5.00pm	Family Swim
SUNDAY	7.30am-11.00am	Family Swim
	11.00am-12.00pm	Available for Party Starz
	12.00pm-1.00pm	Family Swim
	1.00pm-2.00pm	Available for Party Starz
	2.00pm-3.00pm	Family Swim
	3.00pm-4.00pm	Available for Party Starz
	4.00pm-5.00pm	Family Swim

Studio...

CLASS TIMETABLE

MONDAY	9.30am-10.15am	Studio Cycle
	10.30am-11.25am	Pump & Tone
	10.30am-11.25am	Buggy Bootcamp
	11.30am-12.25pm	Pilates
	6.00pm-6.55pm	Pump
	7.00pm-7.30pm	GRIT PLYO
	7.15pm-8.10pm	Boxercise
	7.30pm-8.00pm	HIIT Spin
TUESDAY	7.00am-7.30am	GRIT STRENGTH
	9.30am-10.25am	LBT
	10.30am-11.25am	Boxercise
	11.30am-12.25pm	Vinyasa Flow Yoga
	12.30pm-1.15pm	Spin Strength Spin
	6.00pm-6.55pm	Step Athletic
	7.00pm-7.55pm	Pilates
	7.00pm-7.55pm	Aqua Zumba
WEDNESDAY	7.00am-7.30am	GRIT PLYO
	9.30am-10.55am	Body Blast
	10.30am-11.25am	Buggy Bootcamp
	11.00am-11.55am	Pilates
	12.15pm-1.00pm	Studio Cycle
	6.00pm-6.55pm	Core Stability
	7.00pm-7.55pm	Meta-Extreme
	8.00pm-8.55pm	Aqua Fit
THURSDAY	7.00am-7.45am	Studio Cycle
	9.30am-10.00am	GRIT STRENGTH
	10.00am-10.30am	HIIT Spin
	10.45am-11.45am	Pilates
	1.00pm-1.45pm	Buggy Spin
	6.00pm-6.30pm	Beginners
		WATCH THIS SPACE
		GRIT STRENGTH
	6.30pm-7.00pm	Studio Cycle
	7.00pm-7.45pm	Aqua Zumba
FRIDAY	7.00am-7.45am	Circuits
	9.30am-10.25am	Pump
	10.30am-11.25am	MESS Workout
	10.30am-11.25am	Buggy Bootcamp
	11.00am-11.55am	Aqua Fit
	12.00pm-12.30pm	HIIT Spin
	12.30pm-1.25pm	Stretch Therapy
	5.30pm-6.30pm	Dru Yoga
	6.15pm-7.00pm	Spinning
SATURDAY	8.30am-9.25am	Saturday Infusion
	9.30am-10.55am	Advanced Step
SUNDAY	9.30am-10.15am	Studio Cycle
	10.30am-11.25am	Total Circuit

Scan here



Pool Timetables



Studio Timetables