



LEISURESK

**UNLIMITED
GYM, SWIM AND
GROUP EXERCISE
CLASSES**



**LEISURE SK
BOURNE
LEISURE CENTRE**



**AUTUMN/
WINTER
2023**





LEISURESK

MAIN POOL TIMETABLE (TERM TIME NOVEMBER 2023)

BOURNE LEISURE CENTRE

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

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

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.



LEISURESK

GROUP EXERCISE CLASSES

BOURNE LEISURE CENTRE

MORE INFORMATION:
WWW.LEISURESK.CO.UK

OR

DOWNLOAD
LEISURESK APP



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 – 10:45 CIRCUITS STUDIO	11:30 – 12:15 GOODBOOST POOL J	10:30 – 10:45 ABS BLAST STUDIO	10:00 – 10:45 LBT STUDIO J	9:30 – 10:15 PILATES STUDIO J	8:15 – 09:00 INDOOR CYCLING STUDIO J
11:00 – 11:45 BALANCE & COORDINATION STUDIO	13:00 – 13:45 AEROBICS STUDIO J	11:00 – 11:45 BODY TONE STUDIO J	10:45 – 11:30 BODY CONDITIONING STUDIO	10:15 – 10:45 PRE/POSTNATAL STUDIO	9:15 – 10:00 BODY CONDITIONING STUDIO
13:30 – 14:15 CANCER REHAB STUDIO	13:45 – 14:30 PILATES STUDIO J	12:00 – 12:45 STEP STUDIO	12:00 – 12:45 SALSACISE STUDIO	11:00 – 11:30 WEIGHT MANAGEMENT STUDIO	10:00 – 11:00 YOGA HALL J
14:00 – 14:45 AQUAFIT POOL J	18:00 – 18:45 STRETCH & TONE STUDIO J	13:00 – 13:45 MINDFULNESS & MEDITATION STUDIO	17:45 – 18:30 KETTLEBELLS HALL	11:35 – 12:15 GOODBOOST POOL J	
16:00 – 16:45 COPD STUDIO	18:45 – 19:30 AQUAFIT POOL P J	14:00 – 14:45 AQUAFIT POOL J	18:30 – 19:15 INDOOR CYCLING STUDIO J	12:00 – 12:45 INDOOR CYCLING STUDIO J	
17:45 – 18:30 LBT HALL J	19:00 – 19:45 INDOOR CYCLING STUDIO J	16:00 – 16:45 CARDIAC REHAB STUDIO	19:25 – 19:55 HIIT HALL	13:15 – 14:00 AQUAFIT POOL P J	
18:30 – 19:15 CORE STRENGTH HALL	19:30 – 20:00 GOODBOOST POOL J	18:00 – 18:45 BODY CONDITIONING STUDIO	20:05 – 20:50 BOXFIT STUDIO	18:00 – 18:45 SALSACISE STUDIO	
18:35 – 19:20 INDOOR CYCLING STUDIO J		19:00 – 19:45 INDOOR CYCLING STUDIO J		19:00 – 19:45 PILATES STUDIO	
19:15 – 20:00 CIRCUITS HALL		19:15 – 20:15 YOGA HALL J			
19:30 – 20:15 BOXFIT STUDIO					
20:15 – 21:00 AQUAFIT POOL P J					

WE ADVISE ALL CLASSES TO BE PRE-BOOKED VIA OUR WEBSITE OR LEISURESK APP J = JUNIOR FRIENDLY CLASS P = PREGNANCY FRIENDLY CLASS



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