

ENTRANCE A

MONDAY	
6.45am - 7.30am Leisure Pool	Lane Swim
7.45am - 8.30am Leisure Pool	Lane Swim
8.45am - 9.30am Leisure Pool	Lane Swim
9.45am - 10.30am Leisure Pool	Lane Swim
10.00am - 10.30am Training Pool	FloatFit Balance®
10.45am - 11.30am Leisure Pool	Lane Swim
11.00am - 11.45am Training Pool	Aqua Fit
11.45am - 12.30pm Leisure Pool	Lane Swim
12.45pm - 1.30pm Leisure Pool	Lane Swim
12.45pm - 1.30pm Training Pool	Family Swim
1.45pm - 2.30pm Leisure Pool	Lane Swim
1.45pm - 2.30pm Training Pool	Family Swim
2.45pm - 3.30pm Leisure Pool	Lane Swim
2.45pm - 3.30pm Training Pool	Family Swim
3.45pm - 4.30pm Leisure Pool	Lane Swim
3.45pm - 4.30pm Training Pool	Family Swim
4.45pm - 5.30pm Leisure Pool	Lane Swim
5.45pm - 6.30pm Leisure Pool	Lane Swim
6.45pm - 7.30pm Leisure Pool	Lane Swim
7.45pm - 8.30pm Leisure Pool	Lane Swim
8.45pm - 9.15pm Leisure Pool	Lane Swim

TUESDAY	
6.45am - 7.30am Leisure Pool	Lane Swim
7.45am - 8.30am Leisure Pool	Lane Swim
8.45am - 9.30am Leisure Pool	Lane Swim
9.00am - 9.30am Training Pool	FloatFit HIIT®
9.45am - 10.30am Leisure Pool	Lane Swim
10.00am - 10.30am Training Pool	FloatFit Balance®
10.45am - 11.30am Leisure Pool	Lane Swim
11.00am - 11.45am Training Pool	Aqua Fit
11.45am - 12.30pm Leisure Pool	Lane Swim
12.45pm - 1.30pm Leisure Pool	Lane Swim
12.45pm - 1.30pm Training Pool	Family Swim
1.45pm - 2.30pm Leisure Pool	Lane Swim
1.45pm - 2.30pm Training Pool	Family Swim
2.45pm - 3.30pm Leisure Pool	Lane Swim
2.45pm - 3.30pm Training Pool	Family Swim
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3.45pm - 4.30pm Training Pool	Family Swim
4.45pm - 5.30pm Leisure Pool	Lane Swim
5.45pm - 6.30pm Leisure Pool	Lane Swim
6.45pm - 7.30pm Leisure Pool	Lane Swim
7.45pm - 8.30pm Leisure Pool	Lane Swim
8.45pm - 9.15pm Leisure Pool	Lane Swim

WEDNESDAY	
6.45am - 7.30am Leisure Pool	Lane Swim
7.45am - 8.30am Leisure Pool	Lane Swim
8.45am - 9.30am Leisure Pool	Lane Swim
9.00am - 9.30am Training Pool	FloatFit HIIT®
9.45am - 10.30am Leisure Pool	Lane Swim
10.00am - 10.30am Training Pool	FloatFit Balance®
10.45am - 11.30am Leisure Pool	Lane Swim
11.00am - 11.45am Training Pool	Aqua Fit
11.45am - 12.30pm Leisure Pool	Lane Swim
12.45pm - 1.30pm Leisure Pool	Lane Swim
12.45pm - 1.30pm Training Pool	Family Swim
1.45pm - 2.30pm Leisure Pool	Lane Swim
1.45pm - 2.30pm Training Pool	Family Swim
2.45pm - 3.30pm Leisure Pool	Lane Swim
2.45pm - 3.30pm Training Pool	Family Swim
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3.45pm - 4.30pm Training Pool	Family Swim
4.45pm - 5.30pm Leisure Pool	Lane Swim
5.45pm - 6.30pm Leisure Pool	Lane Swim
6.15pm - 7.00pm Training Pool	Aqua Fit
6.45pm - 7.30pm Leisure Pool	Lane Swim
7.15pm - 7.45pm Training Pool	FloatFit HIIT®
7.45pm - 8.30pm Leisure Pool	Lane Swim
8.00pm - 8.30pm Training Pool	FloatFit Balance®
8.45pm - 9.15pm Leisure Pool	Lane Swim

THURSDAY	
6.45am - 7.30am Leisure Pool	Lane Swim
7.45am - 8.30am Leisure Pool	Lane Swim
8.45am - 9.30am Leisure Pool	Lane Swim
9.15am - 10.00am Training Pool	Aqua Zumba
9.45am - 10.30am Leisure Pool	Lane Swim
10.45am - 11.30am Leisure Pool	Lane Swim
11.45am - 12.30pm Leisure Pool	Lane Swim
12.45pm - 1.30pm Leisure Pool	Lane Swim
12.45pm - 1.30pm Training Pool	Family Swim
1.45pm - 2.30pm Leisure Pool	Lane Swim
1.45pm - 2.30pm Training Pool	Family Swim
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2.45pm - 3.30pm Training Pool	Family Swim
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5.45pm - 6.30pm Leisure Pool	Lane Swim
6.45pm - 7.30pm Leisure Pool	Lane Swim
7.45pm - 8.30pm Leisure Pool	Lane Swim
8.45pm - 9.15pm Leisure Pool	Lane Swim

FRIDAY	
6.45am - 7.30am Leisure Pool	Lane Swim
7.45am - 8.30am Leisure Pool	Lane Swim
8.45am - 9.30am Leisure Pool	Lane Swim
9.45am - 10.30am Leisure Pool	Lane Swim
10.45am - 11.30am Leisure Pool	Lane Swim
11.45am - 12.30pm Leisure Pool	Lane Swim
12.45pm - 1.30pm Leisure Pool	Lane Swim
12.45pm - 1.30pm Training Pool	Family Swim
1.45pm - 2.30pm Leisure Pool	Lane Swim
1.45pm - 2.30pm Training Pool	Family Swim
2.45pm - 3.30pm Leisure Pool	Lane Swim
2.45pm - 3.30pm Training Pool	Family Swim
3.345pm - 4.30pm Leisure Pool	Lane Swim
3.45pm - 4.30pm Training Pool	Family Swim
4.45pm - 5.30pm Leisure Pool	Lane Swim
5.45pm - 6.30pm Leisure Pool	Lane Swim
6.45pm - 7.30pm Leisure Pool	Lane Swim
7.45pm - 8.30pm Leisure Pool	Lane Swim
8.45pm - 9.15pm Leisure Pool	Lane Swim

SATURDAY	
8.15am - 9.00am Leisure Pool	Lane Swim
9.15am - 10.00am Training Pool	Family Swim
9.15am - 10.00am Leisure Pool	Lane Swim
10.15am - 11.00am Training Pool	Family Swim
10.15am - 11.00am Leisure Pool	Lane Swim
11.15am - 12.00am Training Pool	Family Swim
11.15am - 12.00am Leisure Pool	Lane Swim
12.15pm - 1.00pm Leisure Pool	Lane Swim
1.15pm - 2.00pm Leisure Pool	Lane Swim
2.15pm - 3.00pm Leisure Pool	Lane Swim
3.15pm - 3.45pm Leisure Pool	Lane Swim

SUNDAY	
8.15am - 9.00am Leisure Pool	Lane Swim
9.15am - 10.00am Training Pool	Family Swim
9.15am - 10.00am Leisure Pool	Lane Swim
10.15am - 11.00am Training Pool	Family Swim
10.15am - 11.00am Leisure Pool	Lane Swim
11.15am - 12.00am Training Pool	Family Swim
11.15am - 12.00am Leisure Pool	Lane Swim
12.15pm - 1.00pm Leisure Pool	Lane Swim
1.15pm - 2.00pm Leisure Pool	Lane Swim
2.15pm - 3.00pm Leisure Pool	Lane Swim
3.15pm - 3.45pm Leisure Pool	Lane Swim

**BANK
HOLIDAY
MONDAY**
OPENING HOURS
8.30am - 3.30pm

**Sessions may vary on Bank Holiday Monday, for an up-to-date timetable, please check the online version.

**PRE-BOOKING
IS REQUIRED
FOR ALL
SESSIONS**

We've changed the way you visit our centres!

Be sure to check our website before you leave home to make sure you've got the most up to date information about our centres, how we are making our centres safe for customers and your new brio journey.

brisleisure.org/welcomeback