

Poynton Leisure Centre

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Accurate as of 22/09/2026

Times for Monday 28 September

Time	Session	Facility
06:15 - 07:30	Lane Swim	Indoor Pool (20.0m)
07:30 - 09:30	General Swim	Indoor Pool (20.0m)
11:45 - 12:30	Aquafit	Indoor Pool (20.0m)
12:30 - 13:30	Lane Swim	Indoor Pool (20.0m)
13:30 - 15:00	General Swim	Indoor Pool (20.0m)
15:00 - 15:30	Lane Swim	Indoor Pool (20.0m)
19:00 - 21:00	General Swim	Indoor Pool (20.0m)
21:00 - 22:00	Lane Swim	Indoor Pool (20.0m)