

Inspire: Luton Sports Village

Inspire: Luton Sports Village

Accurate as of 15/05/2026

Times for Friday 7 June



Time	Session	Facility
05:30 - 07:00	Swim Club	Competition Pool (50m)
06:00 - 09:00	Lane Swim (50m Reduced Lanes)	Competition Pool (50m)
06:45 - 07:15	FloatFit HIIT	Community Pool (20m)
07:30 - 08:30	Lane Swim (20m)	Community Pool (20m)
07:30 - 08:30	Swim Fit	Competition Pool (50m)
08:45 - 09:30	Aqua Step	Community Pool (20m)
09:30 - 11:45	School Swimming	Competition Pool (50m)
09:30 - 15:00	Lane Swim (32m Reduced Lanes)	Competition Pool (50m)
09:45 - 10:45	Aqua Fit	Community Pool (20m)
10:55 - 11:25	Aqua Tots	Community Pool (20m)
11:30 - 12:00	Aqua Tots	Community Pool (20m)
12:15 - 13:00	Women-Only Hydra Health	Community Pool (20m)
13:15 - 19:45	Learn to Swim	Community Pool (20m)
13:25 - 14:40	School Swimming	Competition Pool (50m)
15:30 - 17:45	Learn to Dive	Competition Pool (50m)
15:30 - 19:00	Lane Swim (25m Reduced Lanes)	Competition Pool (50m)
16:00 - 18:30	Learn to Swim	Competition Pool (50m)
18:00 - 21:00	Swim Club	Competition Pool (50m)
20:00 - 21:00	Adult Women-Only (Bookable Session)	Community Pool (20m)