

# Whole Centre Timetable

## Haltwhistle Swimming & Leisure Centre

Accurate as of 05/06/2026

### Times for Tuesday 9 June



Time	Session	Facility
8:45 am - 9:15 am	Aqua Jog	Outdoor Pool (25.0m)
9:15 am - 9:45 am	Hydro Hiit	Outdoor Pool (25.0m)
10:00 am - 12:00 pm	General Swim	Outdoor Pool (25.0m)
10:30 am - 11:30 am	Yoga	Studio
10:30 am - 11:30 am	Walking Group	Main Hall
12:00 pm - 1:00 pm	Chair Yoga	Studio
1:30 pm - 2:30 pm	Cardiac Rehab	Studio
3:30 pm - 7:00 pm	Swimming Lessons	Outdoor Pool (10.0m)
5:30 pm - 7:00 pm	Karate	Main Hall
6:00 pm - 6:45 pm	Spinning	Studio
7:00 pm - 7:45 pm	Legs, Bums & Tums	Studio
7:00 pm - 7:45 pm	Deep Water Aquafit	Outdoor Pool (25.0m)
8:00 pm - 8:30 pm	Lane Swim	Outdoor Pool (25.0m)
8:00 pm - 9:00 pm	Boxing	Studio