

Dryside Timetable

Haltwhistle Swimming & Leisure Centre

Accurate as of 11/07/2026

Times for Thursday 16 July



| Time | Session | Facility |
|---------------------|--------------|-----------|
| 9:00 am - 9:45 am | HIIT | Main Hall |
| 9:00 am - 10:30 am | Creche | Studio |
| 10:00 am - 10:30 am | Why Weight | Main Hall |
| 10:30 am - 11:15 am | Easy Gym Fit | Gym |
| 4:00 pm - 4:45 pm | Trampolining | Main Hall |
| 6:00 pm - 6:45 pm | Spinning | Studio |
| 6:00 pm - 9:00 pm | Badminton | Main Hall |
| 7:00 pm - 8:00 pm | Dance | Studio |