

Inspire Competition Pool

Inspire: Luton Sports Village

Accurate as of 28/04/2026

Times for Monday 4 May



Time	Session
8:00 am - 4:00 pm	Lane Swim (50m Reduced Lanes)
8:15 am - 9:00 am	Aqua Fit
9:30 am - 11:30 am	Leisure Swim
12:00 pm - 12:45 pm	Adult Women-Only (Bookable Session)
1:15 pm - 2:15 pm	Fun Time Splash!
2:30 pm - 3:45 pm	Leisure Swim