Inspire Competition Pool

Inspire: Luton Sports Village

Accurate as of 22/11/2026

Times for Friday 6 November

Time	Session
5:30 am - 7:00 am	Swim Club
5:30 am - 3:00 pm	Lane Swim (25m Reduced Lanes)
6:45 am - 7:15 am	FloatFit HIIT
7:30 am - 8:30 am	Lane Swim (20m)
7:30 am - 8:30 am	Swim Fit
8:45 am - 9:30 am	Aqua Step
9:45 am - 10:45 am	Aqua Fit
10:55 am - 11:25 am	Aqua Tots
11:30 am - 12:00 pm	Aqua Tots
12:15 pm - 1:00 pm	Women-Only Hydra Health
1:15 pm - 7:45 pm	Learn to Swim
3:00 pm - 9:30 pm	Private Booking
8:00 pm - 9:00 pm	Adult Women-Only (Bookable Session)