# Inspire Community Pool

## Inspire: Luton Sports Village

**Accurate as of 24/11/2026**

### Times for Friday 13 November

| Time | Session |
|---|---|
| 5:30 am - 7:00 am | Swim Club |
| 5:30 am - 6:00 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 |
| 4:00 pm - 7:00 pm | Learn to Swim |
| 6:00 pm - 9:00 pm | Swim Club |
| 8:00 pm - 9:00 pm | Adult Women-Only (Bookable Session) |