

# West Craven Swimming & Fitness

## Timetable

### West Craven Sports Centre

Accurate as of 26/04/2026

#### Times for Tuesday 28 April



Time	Session	Facility
07:00 - 09:00	Early Birds (Adult Only)	Indoor Pool (25.0m)
07:00 - 22:00	Gym Open Session	Gym
09:00 - 11:30	School Swimming	Indoor Pool (25.0m)
09:00 - 11:30	School Swimming	Teaching Pool (12.0m)
10:00 - 11:00	Zumba Gold	Dance Studio
11:45 - 12:30	Adult Lessons/Adults Only Swimming	Indoor Pool (25.0m)
11:45 - 13:30	Public Swimming	Teaching Pool (12.0m)
12:30 - 16:00	Public Swimming	Indoor Pool (25.0m)
13:30 - 14:30	Aquababes	Teaching Pool (12.0m)
14:30 - 16:00	Public Swimming	Teaching Pool (12.0m)
15:00 - 17:00	Teen Gym	Gym
15:15 - 16:00	Move and Tone (Over 50s)	Dance Studio
16:00 - 19:00	Private Swimming Lessons	Teaching Pool (12.0m)
16:00 - 19:30	Public Swim / Private Lessons	Indoor Pool (25.0m)
16:30 - 17:00	Pilates(over 50's)	Dance Studio
17:00 - 17:45	Teen Box	Main Hall
18:00 - 18:45	Circuits	Main Hall
18:00 - 19:00	Power Yoga	Dance Studio
19:00 - 20:00	Legs, Bums & Tums	Main Hall
19:00 - 20:00	Public Swimming	Teaching Pool (12.0m)

<b>Time</b>	<b>Session</b>	<b>Facility</b>
19:00 - 20:30	Iyenga Yoga	Dance Studio
19:30 - 20:30	Water Running	Indoor Pool (25.0m)
20:30 - 22:00	Adult Only Moonlight Dip	Indoor Pool (25.0m)