

WINTER SWIMMING TIMETABLE 1 NOVEMBER 2019 – 31 MARCH 2020

	6am	6.30am	7am	7.30am	8am	8.30am	9am	9.30am	10am	10.30am	11am	11.30am	12pm	12.30pm	1pm	1.30pm	2pm	2.30pm	3pm	3.30pm	4pm	4.30pm	5pm	5.30pm	6pm	6.30pm	7pm	7.30pm	8pm	8.30pm	9pm					
MON	Lanes swimming only 6-8am		General swimming 8-10.30am			Aqua Fitness 10.30-11.30am		General swimming 11.30am-1.30pm				Hire/closed				General swimming 5-8pm			BeXtrifit		Hire/closed														MON	
TUE	Lanes 6-8am		Masterclass		General swimming 8-1.30pm				Hire/closed				General swimming 5-8pm			Aqua Fitness 6-6.45pm		Hire/closed																		TUE
WED	Lanes swimming only 6-8am		General swimming 8-1.30pm			Aqua Fitness 10.30-11.30am		Hire/closed				General swimming 5-8pm			BeXtrifit		Closed																		WED	
THU	Lanes 6-8am		Masterclass		General swimming 8-1.30pm				Hire/closed				General swimming 5-7.45pm			Chiltern Tri 7.45-8.45pm																		THU		
FRI	Lanes swimming only 6-8am		General swimming 8-1.30pm				Hire/closed				General swimming 5-7.30pm																							FRI		
SAT	Closed		Adults only 8-9am		General swimming 9am-2pm				Aqua Fitness 11-11.45am		Hire/closed																								SAT	
SUN	Closed		Lanes 8-9am		General swimming 9am-2pm				Hire/closed																										SUN	

KEY

 General swimming, usually part lane(s)	 Adult swimming	 Aqua classes	 Chiltern Tri	 Toddler swim/Therapy & 60 plus -summer only	 School term April-July may be closed for hires check website	 Closed
 Lanes swimming only	 Masterclass - stroke development	 Moor Swim lessons	 BeXtrifit	 Inflatable - MAY-SEPT only + Easter (Weekdays - school hols only)	 Available for hire, lessons or closed	

SUMMER SWIMMING TIMETABLE 1 APRIL 2020 – 31 OCTOBER 2020

	6am	6.30am	7am	7.30am	8am	8.30am	9am	9.30am	10am	10.30am	11am	11.30am	12pm	12.30pm	1pm	1.30pm	2pm	2.30pm	3pm	3.30pm	4pm	4.30pm	5pm	5.30pm	6pm	6.30pm	7pm	7.30pm	8pm	8.30pm	9pm			
MON	Lanes swimming only 6-8am		Adults only 8-9.30am			General 9.30-10.30		Aqua Fitness 10.30-11.30		Adults only 11.30am-1.30pm				General swimming 1.30-6pm			School hols Inflatable		Lane		General 6-7pm		Adults 7-8pm		BeXtrifit								MON	
TUE	Lanes 6-8am		Masterclass		Adults only 8-9.30am			General 9.30-10.30		Aqua Workout 10.30-11.30		Lane 11.30am-1.30pm		General swimming 1.30-6.30pm				School hols Inflatable		Adults only 6.30-7.30pm		Aqua Fitness 7.30-8.15pm										TUE		
WED	Lanes swimming only 6-8am		Adults 8-9.30am			General 9.30-10.30		Toddler/Therapy & 60 plus 10.30-11.30		Adults 11.30am-1.30pm				General swimming 1.30-6pm			School hols Inflatable		Adults only 6-8pm		BeXtrifit		Closed										WED	
THU	Lanes 6-8am		Masterclass		Adults only 8-9.30am			General 9.30-10.30		School hols Inflatable		Adults 11.30am-1.30pm				General swimming 1.30-6pm			Lane		General 6-7pm		Adults 7-7.45pm		Chiltern Tri 7.45-8.45pm						THU			
FRI	Lanes swimming only 6-8am		Adults only 8-9.30am			General 9.30-10.30		Aqua Workout 10.30-11.30		Lane 11.30am-1.30pm		General swimming 1.30-6pm				Adults 6-7pm		Hire/closed																FRI
SAT	Closed		Adults only 8-9.30am			General 9.30-10.30		Aqua Workout 10.30-11.30		General swimming 11.30am-2pm				Inflatable 2-3.30pm		General 3.30-4.45pm		Adults 4.45-5.45pm		Hire/closed														SAT
SUN	Closed		Adults only 8-10am			General swimming 10am-4.45pm				Adults 4.45-5.45pm		Hire/closed																				SUN		

Please check Twitter feed on [moorfitness.org.uk](https://twitter.com/moorfitness) for any temporary changes to the timetable