

# Quayside Leisure Centre

## All Activities

### Week beginning Monday 6 September

#### Monday 6 September

TIME	ACTIVITY	TYPE	ADULT	CONCES.
07:00 - 08:00	EARLY RISERS	Swimming	£3.30	£2.30
07:00 - 10:30	Closed			
07:00 - 08:00	KINGSBRIDGE KINGFISHERS SWIMMING CLUB	Club	£N/A	£3.40
08:00 - 09:30	PUBLIC SWIM	Swimming	£3.30	£2.30
09:15 - 11:30	CRECHE	Fitness	£3.00	£3.00
09:15 - 10:15	BODY VIVE	Fitness	£4.50	£3.50
09:30 - 10:30	KCC			
10:30 - 11:30	PUBLIC SWIM	Swimming	£3.30	£2.30
10:30 - 11:30	BODYPUMP	Fitness	£4.50	£3.50
10:30 - 11:30	PARENT & BABY/ PARENT & TODDLER	Swimming	£3.50	£N/A
11:30 - 12:30	KCC			

11:30 - 12:30	FUNCTIONAL FITNESS	Fitness	£4.50	£3.50
11:30 - 16:00	Closed			
12:30 - 14:00	50 PLUS SWIM	Swimming	£3.30	£2.30
14:00 - 15:00	KCC			
15:00 - 16:00	FIT FOR LIFE	Fitness	£3.80	£3.30
15:45 - 16:30	JUNIOR WORKOUT			
16:00 - 18:00	SWIMMING LESSONS	Fitness	£4.30	£3.85
16:00 - 18:00	SWIMMING LESSONS	Fitness	£4.30	£3.85
16:00 - 17:30	SWIMMING LESSONS	Fitness	£4.30	£3.85
16:30 - 17:15	JUNIOR WORKOUT			
17:30 - 18:00	Closed			
18:00 - 19:30	PUBLIC SWIM	Swimming	£3.30	£2.30
18:00 - 19:00	STEP AEROBICS	Fitness	£4.50	£3.50
18:00 - 19:30	PUBLIC SWIM	Swimming	£3.30	£2.30
19:15 - 20:15	BODYBALANCE	Fitness	£4.50	£3.50
19:30 - 20:30	Adult Lessons			
19:30 - 22:00	Closed			
20:30 - 21:30	ADULTS ONLY	Fitness	£3.30	£2.30

## Tuesday 7 September

TIME	ACTIVITY	TYPE	ADULT	CONCES.
09:00 - 09:30	Under 5s Lessons			
09:15 - 12:00	CRECHE	Fitness	£3.00	£3.00
09:30 - 10:30	AQUA BABES COURSE	Swimming	£4.30	£3.85
16:00 - 17:30	SWIMMING LESSONS	Fitness	£4.30	£3.85
17:00 - 18:00	TEAM JAM	Fitness	£4.50	£3.50

## Wednesday 8 September

TIME	ACTIVITY	TYPE	ADULT	CONCES.
09:15 - 11:45	CRECHE	Fitness	£3.00	£3.00
16:00 - 17:30	SWIMMING LESSONS	Fitness	£4.30	£3.85
17:15 - 18:00	TRAMPOLINING	Activities	£N/A	£3.75
18:00 - 18:45	TRAMPOLINING	Activities	£N/A	£3.75

## Thursday 9 September

TIME	ACTIVITY	TYPE	ADULT	CONCES.
09:15 - 11:30	CRECHE	Fitness	£3.00	£3.00
09:30 - 10:20	PARENT & BABY/ PARENT & TODDLER	Swimming	£3.50	£N/A
16:00 - 17:30	SWIMMING LESSONS	Fitness	£4.30	£3.85
16:15 - 17:00	JUNIOR WORKOUT			
17:00 - 19:00	JUNIOR FOOTBALL COURSE	Activities	£N/A	£3.75

### Friday 10 September

TIME	ACTIVITY	TYPE	ADULT	CONCES.
09:15 - 11:30	CRECHE	Fitness	£3.00	£3.00
16:00 - 17:30	SWIMMING LESSONS	Fitness	£4.30	£3.85
19:00 - 20:00	JUNIOR DISCO SWIM	Activities	£3.30	£2.30
19:30 - 22:00	VIBE	Swimming	£N/A	£2.00