

Wednesbury Leisure

Powered by **KoreSandwell**

Swimming Timetable

Please note that swimming times may change. For the latest information, view the accessible timetable on our website, or contact the centre.

 0300 012 0121

 korewellbeing.co.uk/timetables

Monday

06:30-09:00

Public/Lane Swim - Main Pool

12:10-13:30

Public/Lane Swim - Main Pool

21:00-22:00

Adult/Lane Swim - Main Pool

Tuesday

06:30-09:45

Public/Lane Swim - Main Pool

09:30-10:30

Family Swim Small Pool

10:00-10:45

Aqua Fit - Main Pool

10:30-11:30

Splash Time - Small Pool

11:00-13:00

Public/Lane Swim - Main Pool

18:30-18:45

Aqua Fit - Main Pool

18:30-19:30

Public Swim - Small Pool

21:00-22:00

Public/Lane Swim - Main Pool

Wednesday

06:30-09:30

Public/ Lane - Main Pool

12:10-13:00

Public/Lane Swim - Main Pool

19:00-19:45

Aqua Fit - Main Pool

19:15-20:15

Family Swim - Small Pool

21:05-22:00

Adult/Lane Swim - Main Pool

Thursday

06:30-09:00

Public/Lane Swim - Main Pool

12:10-13:00

Public/Lane Swim - Main Pool

13:15-15:45

Public Swim - Main Pool

19:15-20:15

Family Swim - Small Pool

21:00-22:00

Adult/Lane Swim - Main Pool

Friday

06:30-09:00

Public/Lane Swim - Main Pool

12:10-13:00

Public/ Lane Swim - Main Pool

19:00-19:45

Aqua Fit -Main Pool

19:15-20:00

Family Swim - Small Pool

20:00-21:00

Public Swim - Main Pool

21:00-22:00

Adults Only - Main Pool

Saturday

08:00-08:45

Public Swim - Main Pool

13:15-15:45

Public Swim - Main Pool

13:15-15:45

Public Swim - Small Pool

Sunday

08:00 - 08:45

Public/ Lane Swim - Main Pool

14:45 - 15:45

Public Swim - Main Pool

14:45 - 15:45

Public Swim - Small Pool

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Fitness Timetable

Please note that fitness class times/ instructors may change. For the latest information, view the accessible timetable on our website, or contact the centre.

 0300 012 0121

 korewellbeing.co.uk/timetables

Monday

09:15
Indoor Cycle (45) - Lesley
10:15
Fitness Pilates (60) - Lesley
11:30
Hyrox (60) - Jon
16:30
Hyrox (30) - Reiss
17:00
Body Conditioning (45) - Lesley
17:00
Zumba Gold (60) - Michael
17:15
Indoor Cycle (45) - Sam
18:00
Body Combat (60) - Sam

Tuesday

06:30
Indoor Cycling (45) - Gemma
09:15
Les Mills Sprint (30) - Jon
10:00
Aquafit (45) - Chris
13:30
Agewell (60) Over 50's exercise
16:45
Tone Up (30) - Ruth
17:15
Indoor Cycling (45) - Ruth
18:00
Bums, Legs, Tums (45) - Ruth
18:05
Indoor Cycling (45) - Claire
18:15
Yoga (60) - Paresh
18:30
Aquafit (45) - Chris
18:45
Step Aerobics (45) - Lesley
19:30
Fitness Pilates (45) - Lesley

Wednesday

09:15
Body Conditioning (60) - Lesley
10:15
Fitness Pilates (60) - Lesley
17:00
Abs & Core (30) - Pete
17:00
Indoor Cycling (45) - Sam
17:00
Grit (30) - Pete
17:45
Tone Up (45) - Sam
18:15
Body Combat (45) - Pete
19:00
AquaFit (45) - Chris
19:00
BodyPump (60) - Pete

Thursday

06:30
Bums, Legs, Tums (45) - Claire
09:15
Indoor Cycling (45) - Jon
10:00
Yoga (60) - Paresh
16:30
Hyrox (30) - Cherry
17:00
Body Combat (60) - Sam
17:00
Fitness Pilates (45) - Lesley
18:00
Indoor Cycling (45) - Lesley
18:00
Metafit (45) - Sam
19:00
Zumba (60) - Michael

Friday

06:30
Indoor Cycling (45) - Gemma
09:15
Body Attack (45) - Charlie
10:00
Body Pump (45) - Charlie
17:00
Indoor Cycling (45) - Claire
17:15
Abs & Core (30) - Pete
17:45
Grit (30) - Pete
18:00
Zumba (60) - Michael
18:15
Body Pump (60) - Pete
19:00
Aquafit (45) - Chris

Saturday

08:00
Indoor Cycling (45) - Gemma
08:45
Indoor Cycle (45) - Lee
09:30
Hyrox (30) - Reiss
10:15
Zumba (60) - Michael
11:30
Yoga (60) - Paresh

Sunday

08:30
Hyrox (45) - Jon
08:45
Abs & Core (30) - Pete
09:00
Indoor Cycling (45) - Paresh
09:00
Zumba (60) - Tina
09:15
Body Combat (45) - Pete
09:30
Hryox (60) - Jon
10:00
Body Pump (60) - Pete
10:00
Indoor Cycle (45) - Tina
10:00
Yoga (60) - Paresh

