

Dukeries Leisure Centre

Xperience Timetable

Monday

06.30 - 18.00	Junior Fitness - (Fitness Suite*)	8yrs - 15yrs
09.30 - 11.30	Aquababes/Pre-school lessons	6months - 4yrs
15.45 - 16.15	Active Pre-School Trampoline	3yrs - 4yrs
16.00 - 18.30	Active Swimming Lessons	4yrs - 16yrs
16.15 - 18.30	Active Trampoline	5yrs - 18yrs
17.30 - 19.15	Active Judo (under 10's 17.30-18.15)	5yrs - 18yrs

Tuesday

06.30 - 18.00	Junior Fitness – (Fitness Suite*)	8yrs - 15yrs
16.00 - 18.30	Active Swimming Lessons	4yrs - 16yrs

Wednesday

06.30 - 18.00	Junior fitness – (Fitness Suite*)	8yrs - 15yrs
16.00 - 18.30	Active Swimming Lessons	4yrs - 16yrs

Thursday

06.30 - 18.00	Junior Fitness – (Fitness Suite*)	8yrs - 15yrs
15.45 - 16.15	Active Mini's Gymnastics	3yrs - 4yrs
15.45 - 17.45	Active Gymnastics	5yrs - 15yrs

Friday

06.30 - 18.00	Junior Fitness – (Fitness Suite*)	8yrs - 15yrs
16.00 - 18.30	Active Swimming Lessons	4yrs - 16yrs

Saturday

08.00 - 14.30	Junior Fitness – (Fitness Suite*)	8yrs - 15yrs
09.00 - 11.00	Active Swimming Lessons	4yrs - 16yrs

Sunday

08.00 - 14.30	Junior Fitness – (Fitness Suite*)	8yrs - 15yrs
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CUSTOMER INFORMATION

*Fitness Suite is open at all other times for juniors if supervised by a responsible adult. Access to the Fitness Suite requires an induction. Juniors cannot use the free weights without the additional free weights induction.

CLEANING PROGRAMME

All activity areas and equipment cleaned regularly throughout the day

WE ARE CLOSED ON BANK HOLIDAYS