



VISIONS Leisure Centre

CENTRE OPENING HOURS

Monday	8:30am – 8:00pm
Tuesday	8:30am – 8:00pm
Wednesday	1:00pm – 8:00pm
Thursday	8:30am – 8:00pm
Friday	1:00pm – 8:00pm
Saturday	7.45am – 12.45pm
Sunday	Closed

GYM & STRENGTH					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45am-1:00pm	8:45am-1:00pm	1.00-4.00pm	8:45am-1.00pm	1:00pm – 7:30pm	8.00am-12.15pm
1:00-4:00pm	1:00-4:00pm	4:00-7:30pm	1:00-4:00pm		
4:00-7:30pm	4:00-7:30pm		4:00-7:30pm		

STEAM ROOM, SAUNA & SPA					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-3:00pm	12:00-3:00pm	1:00-3:00pm	12:00-3:00pm	1:00pm – 7:00pm	8:30am-11:30am
3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm		
5:00-7:00pm	5:00-7:00pm	5:00-7:00pm	5:00-7:00pm		

SWIMMING POOL										
Monday		Tuesday		Wednesday		Thursday		Friday	Saturday	
General	Lane	General	Lane	General	Lane	General	Lane	Week 1 Beg 12 th Jan	Week 2 Beg 19 th Jan	General
9.45am – 11.00am	8.45am – 9.45am	3.30pm – 4.00pm	6.30pm – 7.15 pm one lane	1.00pm – 2.00pm	2.00pm – 3.00pm	9.45am – 11.00am	8.45am – 9.45am	1pm-2pm Lane swim	1pm-2pm Lane swim	8am-9am Half pool Deep end
12.00pm – 12.45pm Aqua trim & Family swim	11.00am – 12.00pm	4.00pm - 5.00pm		3.00pm – 4.00pm		11.00am – 11.45am Aqua trim & Family swim	1.00pm - 2.00pm	2pm-3pm General swim	2pm-3pm General swim	9.15am-10.15am Half pool deep end
3.00pm – 4.00pm	1.00pm – 2.00pm	5.00pm – 6.30pm		4.00pm – 5.00pm		12.00pm – 1.00pm	2.00pm – 3.00pm	3pm-4pm General Swim	3pm-4pm General swim	10.15am-11.15am Half pool deep end
4.00pm-5.00pm	2.00pm – 3.00pm	6.30 – 7.30 Swim academy		5.00pm – 6.00pm		3.00pm – 4.00pm		5pm-5.45pm Float swim	4pm-5.30pm General swim	
5.00pm-6.00pm				6.00pm – 7.00pm		5.00pm – 6.00pm		5.45pm-6.30pm Aqua Fit	5.30pm-6.15pm Float Swim	

Please note swimming lessons can be in various areas of the pool during a general swim. The Sunbed is available to book from 12-7pm for 20 minute sessions Monday, Tuesday and Thursday's. Between 1-7pm on Wednesday's and Friday's. Saturdays between 8am -12

pm. PHONE : 01290 425495 EMAIL: admin@visionsleisure.com

www.visionsleisure.com

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