

# CULLODEN LEISURE CENTRE

28th October - 22nd December

**(Swimming Pool)**

## MONDAY

16:30 - 18:30	Swimming Lessons
18:30 - 19:15	Rookie Lifeguard / Inverness Swim Club
19:15 - 21:00	Public Swimming/ Inverness Swim Club until 20:30
21:00 - 22:00	Adults Only

## TUESDAY

16:30 - 17:30	Senior Session
17:30 - 18:30	Swimming Lessons
18:30 - 19:30	Fun Session
19:30 - 22:00	Public Session

## WEDNESDAY

16:30 - 18:00	Swimming Lessons
18:15- 19:00	Aqua Circuits
19:00 - 20:00	Public Session (Rookie Lifeguard 2 Lanes 7- 7:30pm)
20:00 - 21:00	Ladies Only
21:00 - 22:00	Adults Only

## THURSDAY

16:30 - 18:00	Swimming Lessons
18:00 - 19:00	Senior Session
19:15 - 20:00	Aqua Fit
20:00 - 22:00	Public Session

## FRIDAY

15:30 - 18:00	Swimming Lessons
18:00 - 19:00	Fun Session
19:00 - 21:00	Public Swimming/ Inverness Swim Club
21:00 - 22:00	Staff Training

## SATURDAY

09:00 - 10:00	Swimming Lessons
10:00 - 11:00	Public Session
11:00 - 12:00	Family Friendly
12:00 - 13:00	Fun Session
13:00 - 14:00	Public Session
14:00 - 15:00	Highland Disability Swim Team

## SUNDAY

09:00 - 10:00	Public session
10:00 - 11:00	Adults Only
11:00 - 12:00	Family Friendly
12:00 - 13:00	Fun Session
13:00 - 15:00	Public Session

# CULLODEN LEISURE CENTRE

28th October - 22nd December

## GAMES HALL

### MONDAY

18:00 - 21:00	Highland Bears Basketball
21:00 - 22:00	Hall for Hire

### TUESDAY

18:00 - 19:00	Hall for Hire
19:00 - 20:00	Highland Bears
20:00 - 22:00	Badminton 3 Courts/Aikido 1 Court

### WEDNESDAY

18:00 - 22:00	Hall for Hire
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### THURSDAY

18:00 - 19:00	Football (Private Let)
19:00 - 22:00	Inverness Field Archery Club

### FRIDAY

15:30 - 17:00	Hall for Hire
18:00 - 18:45	Indoor Cycling
19:00 - 20:00	Body Pump
20:00 - 21:30	Private Hire

### SATURDAY

09:00 - 11:00	Badminton Club
11:00 - 13:00	Hall for Hire

### SUNDAY

09:00 - 15:00	Hall for Hire
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## GYMNASIUM

### MONDAY

18:00 - 19:00	Barbell
19:15 - 20:00	Indoor Cycling
20:00 - 22:00	Hall for Hire

### TUESDAY

18:00 - 18:45	Indoor Cycling
19:00 - 21:30	Fencing

### WEDNESDAY

18:15 - 18:45	Core Conditioning
19:00 - 20:00	Barbell
20:00 - 22:00	Hall for Hire

### THURSDAY

17:15 - 19:15	Gymnastics
19:45 - 20:30	Circuits
21:00 - 22:00	Hall for Hire

### FRIDAY

16:00 - 20:00	Gymnastics
20:30 - 22:00	Private Hire (Nessie All stars)

### SATURDAY

09:00 - 10:00	Circuits
10:15 - 11:00	Indoor Cycling
11:00 - 15:00	Private Hire (Nessie All stars)

### SUNDAY

09:30 - 10:15	Indoor Cycling
10:30 - 11:15	Body Pump
12:00 - 13:00	Yoga
13:00 - 15:00	Hall for Hire