

HOLSWORTHY LEISURE CENTRE TIMETABLE

2nd November – 20th December 2026

Monday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 09:00	Aquafit 09:00 - 09.45	Just Swim 09:45 - 12:00		Just Lanes 12:00 - 13:00	School Lessons 13:00 - 16:00			Swimming Lessons 16:00 - 18:30		Just Swim 18:30 - 20:00		Just Lanes 20:00 - 21:00				
Tuesday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 10:30			Just 50+ & Mobility 10:30 - 12.00		Just Lanes 12:00 - 13:45	Aquafit 13:45 - 14:30	Just Swim 14:30 - 16:00		Swimming Lessons 16:00 - 19:00			Just Swim 19:00 - 20:00	Just Lanes 20:00 - 21:00			
Wednesday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 09:30	Aquafit 09:30 - 10:15		Adult Lessons 10:15 - 12:00		Just Lanes 12:00 - 14:00		Just Swim 14:00 - 16:00		Swimming Lessons 16:00 - 19:00		Just Lanes (2 Lanes) 17:30 - 19:00		Private Booking 19:00 - 21:00			
Thursday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 10:15			Aquafit 10:15 - 11:00		Just Swim 11:00 - 12:00		Just Lanes 12:00 - 14:00		Just Swim 14:00 - 16:00		Swimming Lessons 16:00 - 18:00		Just Swim 18:00 - 19:00		2 Lane Hire 19:00 - 20:00	Just Lanes 20:00 - 21:00
																Just 2 Lanes 19:00 - 20:00		
Friday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 09:45	Aquafit 09:45 - 10:30		Swimming Lessons 10:30 - 12:00		Just Lanes 12:00 - 14:00		Just Swim 14:00 - 16:00		Swimming Lessons 16:00 - 18:00		Just Swim (20m Deep end) 16.00 - 17.30		Just Swim 18:00 - 19:00		Just Lanes 19:00 - 20:00	Just Moonlight 20:00 - 21:00
Saturday				Just Lanes 09:00 - 10:00		Swimming Lessons 10:00 - 12:00		Just Swim (Deep end) 11:00 - 12:00			Inflatable Fun 12:30 - 13:30		Private Booking 14:00 - 15:00		Just Swim 15:30 - 16:30	Please be aware there will be male staff in the females changing room at the following times on weekdays to clean. 12:00 – 13:00 20:00 – 21:00		
Sunday						Just Lanes 10:00 - 11:00		Just Swim 11:00 - 12:00			Just Fun 12:30 - 13:30							

- Adult £6.00
- Swim & Sauna £8.20
- Junior (1-16 years) £3.70
- Family Swim (Up to 2 Adults & 2 Children) £17.30
- Under 1's Free
- Parent & Toddler Session £6.00 (Under 3's Free, Toys and Floats and included in this session for you to use)
- Just Fun £6.00 (Please note none of our membership or swimming lessons cover this session it is not free)
- Inflatable Fun £7.00 (Please note none of our membership or swimming lessons cover this session it is not free)
- Moonlight Swim £6.00(This session is 16+ & Includes the use of the Sauna for free)

- The pool hoist is available for use
- Under 8's must always be accompanied by an Adult
- Aqua nappies must be worn by under 3's
- Last admissions 1 hour prior to closing
- Please note the pool may be cleared 5 minutes before the swim session finishes
- We reserve the right to change pool activities at short notice
- Private bookings & Just Schools please note there is no use of changing rooms and sauna during these times

HOLSWORTHY GROUP EXERCISE TIMETABLE

2nd November – 20th December 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT 08:15 - 09:00 Sports Hall Instructor - Milley Until the 30th of November	Group Cycle 07:00 - 07:45 Sports Hall Instructor - Mike	Kettlebells 07:00 - 07:45 Sports Hall Instructor - Mike	Boxercise 08:00 - 08:45 Sports Hall Instructor - Chris	Aquafit 09:45 - 10:30 Swimming Pool Instructor - Milley/ Mike	Body Conditioning 09:00 - 10:00 Sports Hall Instructor - Milley/Adam	Price: Fitness Class: £7.60
Aquafit 09:00 - 09:45 Swimming Pool Instructor - Milley/Elliot	Boxercise 08:00 - 08:45 Sports Hall Instructor - Mike	Body Conditioning 08:00 - 09:00 Sports Hall Instructor - Milley/Mike	Gym Circuits 09:00- 10:00 Gym Instructor - Chris	Fitness Yoga 14:30 - 15:15 Scouts Hut Instructor - Adam	Quick Cycle 10:15 - 10:45 Sports Hall Instructor - Milley/Adam	
Circuits 18:00 - 18:45 Sports Hall Instructor - Milley/ Chris	Gym Circuits 09:00- 10:00 Gym Instructor - Mike	Aquafit 09:30 - 10:15 Swimming Pool Instructor - Milley/ Mike	Aquafit 10:15-11:00 Swimming Pool Instructor - Elliot	Group Cycle 18:00 - 18:45 Sports Hall Instructor - Adam		
	Aquafit 13:45 - 14:30 Swimming Pool Instructor - Milley/ Elliot	Quick Cycle 17:30-18:00 Sports Hall Instructor - Milley / Mike				
	Circuits 18:00 - 18:45 Sports Hall Instructor - Chris	Stretch & Flow 18:15-18:45 Sports Hall Instructor - Milley/ Mike				
	Body Conditioning 18:45 - 19:45 Sports Hall Instructor - Chris					
	Stretch & Flow 19:45 - 20:30 Sports Hall Instructor - Chris					

TYPES OF CLASSES:

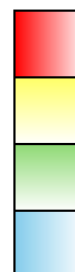
All our classes are open to everyone, and we cater for all fitness abilities.

If you have any questions, please arrive a few minutes early to speak to the instructor.

Holsworthy Leisure Centre, 2 Well Park, Holsworthy, EX22 6DH

Telephone: 01409 330170

Email: hello@activetorridge.co.uk



Classes with the most impact on the body

Classes with moderate impact on the body

Classes that have little to no impact on the body

Aquafit Classes