TORRIDGE MAIN POOL TIMETABLE

2nd November – 20th December 2026

Monday	Just Lanes 06:30 - 09:15		Aquafit 09:30 - 10:15		Swimming Lessons 10:45 - 11:15 / Just Swim 10:15 - 11:15		Just Lanes 11:15 - 12:15		Schools 12:45 - 15:00			Swimming Lessons 15:30 - 19:45					Just Lanes 19:45 - 21:00						
Tuesday		Just Lanes 07:30 - 09:45			Aqua 10:00 - 10:45		Just 50+ & Mobility 10:45 - 12.30		Just Lanes 12:30 - 14:30		Just Swim 14:30 - 15:45		Swimming Lessons 16:00 - 18:30		Just Swim (2 Lanes) 18:30 - 19:45			Bideford Bay 20:00 - 21:00						
Wednesday	Just Lanes 06:30 - 08:30			Schools 09:00 - 12:45				Just Lanes 13:30 - 14:30		Just Swim 14:30 - 15:30 / Staff Training		Swimming Lessons 15:30 - 18:00		Just Swim 18:00 - 19:00		Just Lanes 19:00 - 20:00		Moonlight Swim 20:00 - 21:00					
Thursday	Just Lanes 06:30 - 09:15		Just Swim 09:15 - 11:30			Just 50+ & Mobility 11:30 - 12.30		Just Lanes 12:30 - 14:00		Aquafit 14:15 - 15:00		Swimming Lessons 15:30 - 18:45			Just Coaching Adult Int 18:30 - 19:30		Just Coaching Adult Adv 19:30 - 20:30	Just Lanes 19:00 - 21:00					
Friday	Just Lanes 06:30 - 08:45			Schools 09:15 - 12:15				Just Lanes 13:00 - 14:00		Aquafit 14:15 - 15:00		Swimming Lessons 15:30 - 18:00 / Just Swim 15:30 - 19:45			Just Coaching Junior 18:00 - 19:00			Just Lanes 19:45 - 21:00					
Saturday			Just Lanes 09:00 - 10:00		Swimming Lessons 10:00 - 11:00 / Just Swim 10:00 - 12:30			Inflatable Fun (Submarine) 13:00 - 14:00		Private Hire 14:15 - 15:15			Bideford Bay 16:00 - 19:00										
Sunday			Just Lanes 09:00 - 10:00		Just Swim 10:00 - 12:30			Inflatable Fun (Crocodile) 13:00 - 14:00		Just Swim 14:30 - 17:00					Torridgeside Swimming Club 17:30 - 21:00								

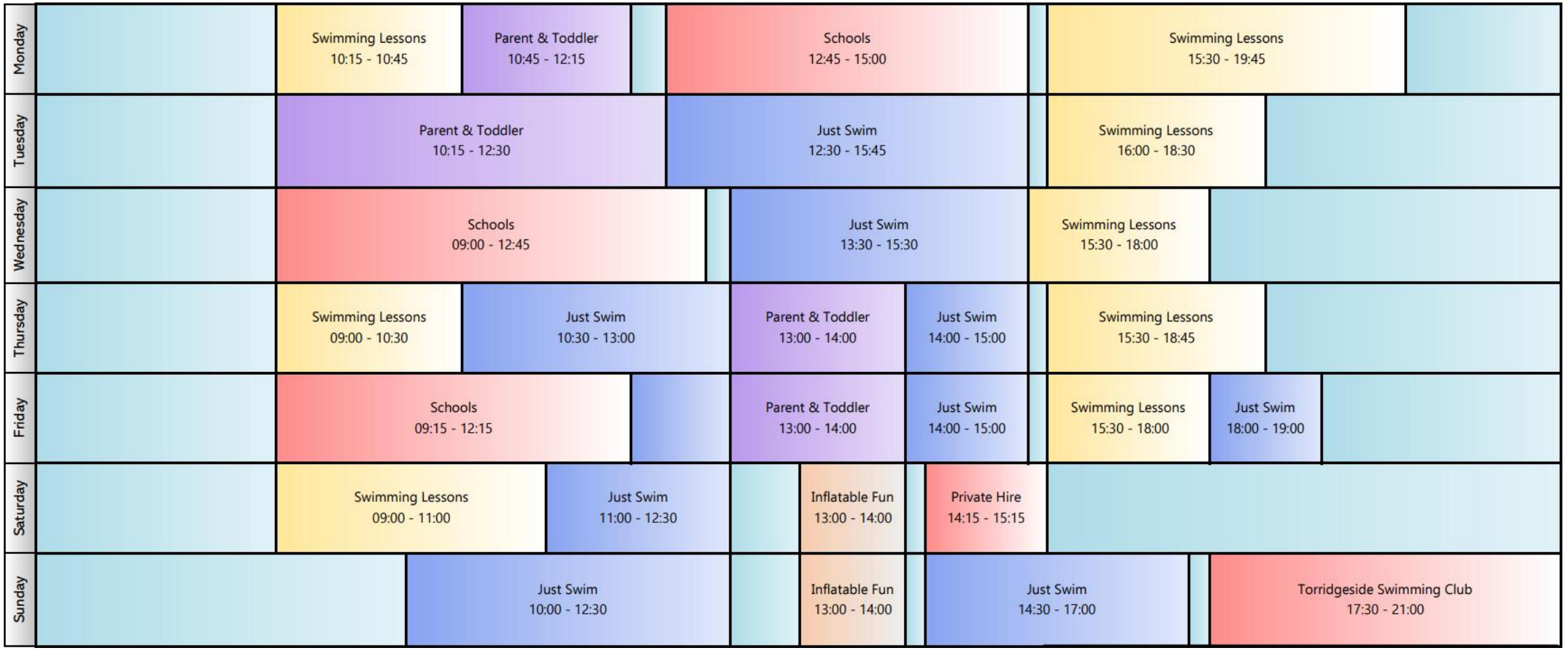
- Adult £6.00
- Swim & Sauna £8.20
- Junior (1-16 years) £3.70
- Family Swim (Up to 2 Adults & 2 Children) £17.30
- Under 1's Free
- Parent & Toddler Session £6.00 (Under 3's Free, Toys and Floats and included in this session for you to use)
- Just Fun £6.00 (Please note none of our membership or swimming 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

ACTIVE TORRIDGE

TORRIDGE LEARNER POOL TIMETABLE

2nd November – 20th December 2026



- 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

ACTIVE TORRIDGE

TORRIDGE GROUP EXERCISE TIMETABLE

2nd November – 20th December 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Quick Cycle 06:30- 07:00 Dance Studio Instructor - Kerrie	Strength & Conditioning 06.30-07.15 Dance Studio Instructor: Lucy	Group Cycle 06:30- 07:15 Dance Studio Instructor - Jess	Circuits 06.30-07.15 Dance Studio Instructor - Theresa	Quick Cycle 06:30- 07:00 Dance Studio Instructor - Kerrie	Group Cycle 09:15- 10:00 Dance Studio Instructor - Petra	Group Cycle 09:15- 10:00 Dance Studio Instructor - Petra
Bootcamp 07:45 - 08:30 Dance Studio Instructor - Lucy	Stretch & Tone 08.15 -09.15 Dance Studio Instructor: Lucy	Level up Group Cycle 08:30- 09:15 Dance Studio Instructor - Leanne	HIRT 08.45 -09.15 Dance Studio Instructor - Theresa	Pilates 07.15 -08.15 Dance Studio Instructor: Miranda	Strength & Core 10.15-11:00 Dance Studio Instructor: Petra	Strength & Core 10.15-11:00 Dance Studio Instructor: Petra
Body Conditioning 08:45 - 09:15 Dance Studio Instructor - Theresa	Aquafit 10:00-10:45 Swimming Pool Instructor - Channon	Dance Fit 09.30-10.15 Dance Studio Instructor - Petra	Group Cycle 09.30-10.15 Dance Studio Instructor - Theresa	Boxercise 08:30- 09:15 Dance Studio Instructor - Chris N	Pump 11.45-12.30 Dance Studio Instructor - Channon	
Group Cycle 09.30-10.15 Dance Studio Instructor - Theresa	Group Cycle 09.30-10.15 Dance Studio Instructor - Lucy	LBT 10.15-11.00 Dance Studio Instructor - Petra	Pilates 10.30 -11.30 Dance Studio Instructor: Marzena	Group Cycle 09.30-10.15 Dance Studio Instructor - Theresa		
Aquafit 09.30-10.15 Swimming Pool Instructor - Channon	Pilates 10.30 -11.30 Dance Studio Instructor: Marzena	Pilates 11.15 -12.15 Dance Studio Instructor : Becky B	Beginners Pilates 11.45 -12.45 Dance Studio Instructor: Marzena	Body Conditioning 10.30 -11.30 Dance Studio Instructor - Theresa		
Kettlebells 10.30-11.15 Dance Studio Instructor - Leanne	Yoga 11.45 -12.45 Dance Studio Instructor: Marzena	Line Dancing 12.15 - 13.15 Dance Studio Instructor - Becky B	Dance Fit 13:00-14:00 Dance Studio Instructor - Petra	Low Impact Circuits 11:45-12:30 Dance Studio Instructor: Lucy		
Step 11:30-12:15 Dance Studio Instructor - Lucy	Group Cycle 17.30-18.15 Dance Studio Instructor - Kerrie	Beginners Step 13:30-14:15 Dance Studio Instructor - Lucy	Aquafit 14.15-15.00 Swimming Pool Instructor - Becky P	Yoga 13.00 -14.00 Dance Studio Instructor: Emma		
Stretch and Tone 12:20-13:20 Dance Studio Instructor - Lucy	Kettlebells 18.30-19.15 Dance Studio Instructor - Theresa	HIIT 17.45 - 18.15 Dance Studio Instructor - Theresa	Step 17:15-18:00 Dance Studio Instructor - Lucy	Aquafit 14.15-15.00 Swimming Pool Instructor - Becky P		
Strength & Core 16.30-17.15 Dance Studio Instructor - Leanne	Body Conditioning 19.30-20.15 Dance Studio Instructor - Theresa	Group Cycle 18.30 - 19.15 Dance Studio Instructor - Theresa	Group Cycle 18.15 - 19.00 Dance Studio Instructor - Lucy	Group Cycle 17.30 - 18.15 Dance Studio Instructor - Petra		
QuickCycle 17.30-18.00 Dance Studio Instructor - Petra	Body Conditioning 19.30-20.15 Dance Studio Instructor - Theresa	Pump 19.30 - 20.15 Dance Studio Instructor: Lucy				
LBT 18.15-19:00 Dance Studio Instructor - Petra						
Yoga 19.15-20.15 Dance Studio Instructor: Christianne						

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.

- 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

Torridge Leisure Centre, Benson Drive, Northam, EX39 1UY
Telephone: 01237 471794
Email: hello@activetorridge.co.uk

Price:
Fitness Class: £7.60

ACTIVE TORRIDGE