

# Exercise & Fitness

Sidmouth Sports Centre &  
Swimming Pool

## Class Timetable

Monday	Time	Level	Member	Non Memb.
Step	SC 9.15 - 10.05am	All Abilities	£4.00	£5.20
Aqua Flex	SP 11.45 - 12.45pm	All Abilities	£3.60	£4.80
Studio Cycling	SC 6.00 - 6.45pm	All Abilities	£4.00	£5.20
Circuits	SC 7.00 - 8.00pm	All Abilities	£4.00	£5.20
<b>Tuesday</b>				
Fit For Life	SC 9.30 - 10.30am	Gentle	£3.50	£4.70
Health Zone	SP 10.00 - 11.00am	Gentle	£3.60	£4.80
Studio Cycling	SC 6.15 - 7.00pm	All Abilities	£4.00	£5.20
Total Body Workout	SC 7.00 - 8.00pm	All Abilities	£4.00	£5.20
Pilates Course	SC 8.00 - 9.00pm	Intermediate	Ask at Reception	
Aqua Fit	SP 8.00 - 9.00pm	All Abilities	£3.80	£5.00
<b>Wednesday</b>				
Aqua Fit	SP 9.45 - 10.30am	All Abilities	£3.80	£5.00
Core Class	SC 9.30 - 10.00am	All Abilities	£2.50	£3.70
Cardio Kick	SC 7.00 - 8.00pm	All Abilities	£4.00	£5.20
Masters	SP 8.00 - 9.00pm	Advanced	£3.60	£4.80
<b>Thursday</b>				
Health Zone	SP 9.00 - 10.00am	Gentle	£3.60	£4.80
Pilates	SC 9.30 - 10.30am	Beginners	Ask at Reception	
Pilates	SC 10.30 - 11.30am	Intermediates	Ask at Reception	
Studio Cycling	SC 6.00 - 6.45pm	All Abilities	£4.00	£5.20
Aqua Fit	SP 7.00 - 7.45pm	All Abilities	£3.80	£5.00
Boxercise	SC 7.00 - 7.50pm	All Abilities	£4.00	£5.20
Cardio Mix	SC 8.00 - 9.00pm	All Abilities	£4.00	£5.20
<b>Friday</b>				
Cardio Conditioning	SC 9.15 - 10.15am	All Abilities	£4.00	£5.20
Aqua Fit	SP 9.15 - 10.00am	All Abilities	£3.80	£5.00
<b>Saturday</b>				
Studio Cycling	SC 9.00 - 9.45am	All Abilities	£4.00	£5.20
Core Class	SC 9.55 - 10.25am	All Abilities	£2.50	£3.70

**SC = Class at Sports Centre - SP = Class at Swimming Pool**

Visit our website: [www.ledleisure.co.uk](http://www.ledleisure.co.uk)

**All the above are FREE to Gold Members!**

Tel: Sports Centre 01395 577679  
Swimming Pool 01395 577057

**led** Sidmouth  
Leisure

# Junior Activities

## Sidmouth Sports Centre & Swimming Pool

# Timetable

Monday	Time	Age	Member	Non Memb.
Junior Football	SC 5.00 - 6.00pm	5 - 7yrs	£2.80	£3.40
<b>Tuesday</b>				
Aqua Tots	SP 11.00am - 12.00pm	0 - 4yrs	£3.60	£4.80
Basketball	SC 5.30 - 6.45pm	11 yrs+	£2.80	£3.40
<b>Thursday</b>				
Adult & Baby	SC 11.00 - 11.30am	0 - 3yrs	£4.40	£4.40
Aqua Tots	SP 11.30am - 12.30pm	0 - 4yrs	£3.60	£4.80
Badminton	SC 5.30 - 6.15pm	7yrs +	£2.80	£3.40
Badminton	SC 6.15 - 7.00pm	7yrs +	£2.80	£3.40
Fencing	SC 5.30 - 6.30pm	7yrs +	£3.00	£3.60
<b>Friday</b>				
Badminton	SC 6.00 - 7.00pm	11yrs +	£2.80	£3.40
Tae Kwon Do	SC 7.00 - 8.00pm	5yrs +	Ask at Reception	
Teen Circuits	SC 3.35 - 4.45pm	14 - 15yrs	£3.00	£3.60
<b>Saturday</b>				
Gym Tots	SC 9.30 - 10.30am	3 - 5yrs	£3.00	£3.60
Gymnastics	SC 9.30 - 10.30am	5 - 8yrs	£3.00	£3.60
Gymnastics	SC 10.30 - 11.30am	8yrs+	£3.00	£3.60
Gymnastics	SC 10.30 - 12.30pm	8yrs+	£5.40	£6.00
Aqua Tots	SP 11.00am - 12.00pm	0 - 4yrs	£3.60	£4.80
Fun Splash*	SP 2.00 - 3.00pm	Junior*	£2.20	£2.80
Fun Splash*	SP 3.00 - 4.00pm	Junior*	£2.20	£2.80

**We also run ASA junior swimming lessons Monday - Saturday.  
Please see swim leaflet or contact the Swimming Pool for further details.**

**SC = Class at Sports Centre - SP = Class at Swimming Pool**

Visit our website: [www.ledleisure.co.uk](http://www.ledleisure.co.uk)

**All the above are FREE to Active 317 Members!**

\* Swimming regulations are that Children under 8 need to be accompanied by a responsible adult age 16 years plus on maximum of a two to one ratio.

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