

## Teddington Pools Fitness Centre

From w/c 21.04.25				MAIN POOL TIMETABLE																																																												
	06:00	06:15	06:30	06:45	07:00	07:15	07:30	07:45	08:00	08:15	08:30	08:45	09:00	09:15	09:30	09:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45
MONDAY	CLOSED - Bank Holiday																																																															
TUESDAY	Club Use	Adult Lane Swim (45) SL	Adult Lane Swim (45) SL	Adult Lane Swim (45) SL	Adult Lane Swim (45) SL	Adult Lane Swim SL	Adult Lane Swim SL	Adult Lane Swim ML	Adult Lane Swim SL	Adult Lane Swim SL	Adult Lane Swim (45) SL	Swim School			RISE		Teddington Swim Club																																															
	Club Use	Adult Lane Swim (45) FL	Adult Lane Swim (45) FL	Adult Lane Swim (45) FL	Adult Lane Swim (45) FL	Adult Lane Swim FL	Adult Lane Swim FL	SwimFit	Adult Lane Swim FL	Adult Lane Swim FL	Adult Lane Swim FL	Swim School		Adult Lane Swim ML		Teddington Swim Club																																																
	Club Use	Adult Lane Sw im (45) ML	Adult Lane Sw im (45) ML	Adult Lane Sw im (45) ML	Adult Lane Sw im (45) ML	Adult Lane Swim ML	Adult Lane Swim ML	SwimFit	Adult Lane Swim ML	Adult Lane Swim ML	Adult Lane Swim ML	Adult Lane Swim ML	General Swim		General Swim		SwimFit DEV		Teddington Swim Club																																													
WEDNESDAY	Club Use	Adult Lane Swim SL	Adult Lane Swim SL	Adult Lane Swim SL	Adult Lane Swim SL	Adult Lane Swim ML	TSC Masters	Adult Lane Swim SL	Adult Lane Swim SL	Adult Lane Swim (45) SL	Swim School				Club Use	Aqua Fit		Adult Lane Swim SL	Sub Aqua																																													
	Club Use	Adult Lane Swim FL	Adult Lane Swim FL	Adult Lane Swim FL	Adult Lane Swim FL		TSC Masters	Adult Lane Swim FL	Adult Lane Swim FL	Adult Lane Swim FL	Swim School				Club Use	Fast Lane (3)	Adult Lane Swim FL																																															
	Club Use	Adult Lane Swim ML	Adult Lane Swim ML	Adult Lane Swim ML	Adult Lane Swim ML		TSC Masters	Adult Lane Swim ML	Adult Lane Swim ML	Adult Lane Swim ML	Adult Lane Swim ML	General Swim		General Swim			Club Use	Adult Lane Swim ML	Adult Lane Swim ML	Adult Lane Swim ML																																												
THURSDAY	Club Use	Adult Lane Swim (45) SL	Adult Lane Swim (45) SL	Adult Lane Swim (45) SL	Adult Lane Swim (45) SL	Adult Lane Swim SL	Adult Lane Swim SL	Adult Swim School	Staff Swim	School	Adult Lane Swim SL		Swim School		Swimfit 45		Teddington Swim Club 1900-2200																																															
	Club Use	Adult Lane Swim (45) FL	Adult Lane Swim (45) FL	Adult Lane Swim (45) FL	Adult Lane Swim (45) FL	Adult Lane Swim FL	Adult Lane Swim FL	SwimFit			Staff Swim	Adult Lane Swim FL	Swim School		Swimfit 45		Teddington Swim Club 1900-2200																																															
	Club Use	Adult Lane Sw im (45) ML	Adult Lane Sw im (45) ML	Adult Lane Sw im (45) ML	Adult Lane Sw im (45) ML	Adult Lane Swim ML	Adult Lane Swim ML	SwimFit	Adult Lane Swim ML	Adult Lane Swim ML	Adult Lane Swim ML	Adult Lane Swim ML	General Swim		General Swim		Staff Training		Teddington Swim Club 1900-2200																																													
FRIDAY	Club Use		Slow 30		Adult Lane Swim SL		Over 60 Swim SL		Adult Lane Swim SL	Adult Lane Swim ML	TSC Masters	Adult Lane Swim SL	School Hire	Adult Lane Swim SL		Swim School		Club Use		Richmond Swim Club																																												
	Club Use	Adult Lane Swim (45) FL	Adult Lane Swim (45) FL	Adult Lane Swim (45) FL	Adult Lane Swim (45) FL	Adult Lane Swim FL		TSC Masters	Adult Lane Swim FL	Adult Lane Swim FL	Adult Lane Swim FL	Adult Lane Swim FL	Swim School		Club Use		Richmond Swim Club																																															
	Club Use	Adult Lane Sw im (45) ML	Adult Lane Sw im (45) ML	Adult Lane Sw im (45) ML	Adult Lane Sw im (45) ML	Adult Lane Swim ML		TSC Masters	Adult Lane Swim ML	Adult Lane Swim ML	Adult Lane Swim ML	Adult Lane Swim ML	General Swim		General Swim			Club Use	Richmond Swim Club																																													
SATURDAY				Swim School					Lane Swim (45) SL	Lane Swim (45) SL	Lane Swim (45) SL	Lane Swim (45) SL	Funtime Floats		General Swim		Teddington Swim Club 1600-1930																																															
				321 Lessons					Lane Swim (45) FL	Lane Swim (45) FL	Lane Swim (45) FL	Lane Swim (45) FL	Funtime Floats		General Swim		Teddington Swim Club 1600-1930																																															
				Lane Swim ML		General Swim		General Swim		Lane Sw im (45) ML	Lane Sw im (45) ML	Lane Sw im (45) ML	Lane Sw im (45) ML	Lane Swim ML		Lane Swim ML		Teddington Swim Club 1600-1930																																														
SUNDAY				Lane Swim SL		Lane Swim SL		General Swim	Lane Swim (45) SL	Lane Swim (45) SL	Lane Swim (45) SL	Lane Swim (45) SL	Funtime Floats	General Swim	Teddington Swim Club 1600-2030																																																	
				Lane Swim FL		Lane Swim FL			Lane Swim (45) FL	Lane Swim (45) FL	Lane Swim (45) FL	Lane Swim (45) FL			Teddington Swim Club 1600-2030																																																	
				Lane Swim ML		Lane Swim ML			Lane Sw im (45) ML	Lane Sw im (45) ML	Lane Sw im (45) ML	Lane Sw im (45) ML			Teddington Swim Club 1600-2030																																																	

Window Side Lane
Middle Lane
Kiosk Side Lane

Window Side Lane
Middle Lane
Kiosk Side Lane

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