

Culloden Leisure Centre – Pool Programme

15/08/2022-09/10/2022

MON	16:30 18:30 Swimming Lessons	18:30 20:00 Public Swimming	20:00 21:00 Adults Only (2 lanes Available)
		2 Lanes for Inverness Swim Club - 19:00- 21:00	
TUE	16:30 18:30 Swimming Lessons	18:30 19:30 Senior Session	19:30 21:00 Public Swimming (2 lanes available)
WED	16:30 18:00 Swimming Lessons	18:00 19:00 Ladies only	19:00 21:00 Public Swimming (2 Lanes Available)
THUR	16:30 18:00 Swimming Lessons	18:00 19:00 Senior Session	20:00 21:00 Public Swimming (2 Lanes Available)
FRI	15:30 19:00 Swimming Lessons	19:00 20:00 Public Swimming (2 Lanes Available)	20:00 21:00 Staff Training
SAT	09:00 11:00 Swimming Lessons	11:00 12:00 Family Friendly	12:00 13:00 Fun Session
SUN	09:00 10:00 Public Session	10:00 11:00 Family Friendly	11:00 13:00 Fun Session



Culloden Leisure Centre – Dry Side Programme

15/08/2022-09/10/2022

Games Hall			
Monday	Basketball (Highland Bears) 18:00-21:00		Hall for Hire 21:00-22:00
Tuesday	Hall Available for Hire 18:00-19:00	Basketball (Highland Bears) 19:00-21:00	Hall for Hire 21:00-22:00
Wednesday	Zumba 18:00-19:00	Badminton Bookings 19:00-22:00	
Thursday	Football (Private Let) 18:00-19:00	Archery 19:00-22:00	
Friday	Hall Available for Hire 15:00-18:00	Inverness Trampoline Club 18:30-22:00	
Saturday	IJBC (Badminton) 09:00 – 12:00 (Private Let)	Hall Available for Hire 12:00-13:00	
Sunday	Hall Available for Hire 09:00-13:00		

Gymnasium				
Monday	Barbell 18:00-19:00		Spin HIIT 19:15-20:15	Hall for Hire 20:30-22:00
Tuesday	Indoor Cycling 18:00-18:45		Fencing 19:00-21:30	
Wednesday	Indoor Cycling 17:30-18:00	Indoor Cycling 18:00-18:30	Barbell 18:45-19:45	Hall for Hire 20:00-22:00
Thursday	Gymnastics 16:30-18:30		Zumba 18:45-19:45	Yoga 20:00-21:00
Friday	Dancing 15:30-17:30		Indoor Cycling 18:15-19:00	Hall for Hire 19:00-22:00
Saturday	Circuits 09:00-10:00	Weightlifting 10:00-10:45	Highland Cricket Club 11:00-13:00	
Sunday	Hall for Hire 09:00-13:00			

