

**15th April - 30th June (Sport Halls)**

GAMES HALL	
MONDAY	
18:00 - 21:00	Highland Bears Basketball
21:00 - 22:00	Hall for Hire
TUESDAY	
18:00 - 19:00	Football (Private Let)
19:00 - 20:00	Highland Bears
20:00 - 22:00	Badminton 3 Courts/ Aikido 1 Court
WEDNESDAY	
18:00 - 22:00	Badminton Bookings
THURSDAY	
18:00 - 19:00	Football (Private Let)
19:00 - 22:00	Inverness Field Archery Club
FRIDAY	
15:30 - 17:00	Hall for Hire
17:00 - 17:45	Dodgeball
18:00 - 18:45	Indoor Cycling
19:00 - 20:00	Body Pump
21:00 - 22:00	Hall for Hire
SATURDAY	
09:00 - 11:00	Badminton Club
11:00 - 13:00	Hall for Hire
SUNDAY	
09:00 - 15:00	Hall for Hire

GYMNASIUM	
MONDAY	
18:00 - 19:00	Barbell
19:15 - 20:00	Indoor Cycling
20:00 - 22:00	Hall for Hire
TUESDAY	
18:00 - 18:45	Indoor Cycling
19:00 - 21:30	Fencing
WEDNESDAY	
18:15 - 18:45	Core Conditioning
19:00 - 20:00	Barbell
20:00 - 22:00	Hall for Hire
THURSDAY	
17:15 - 19:15	Gymnastics
19:45 - 20:45	Circuits
21:00 - 22:00	Hall for Hire
FRIDAY	
16:00 - 20:00	Gymnastics
20:00 - 22:00	Hall for Hire
SATURDAY	
09:00 - 09:45	Circuits
10:15 - 11:00	Indoor Cycling
11:00 - 15:00	Hall for Hire
SUNDAY	
09:30 - 10:15	Indoor Cycling
10:30 - 11:15	Body Pump
12:00 - 13:00	Yoga
13:00 - 15:00	Hall for Hire

**15th April - 30th June (Swimming Pool)**

**There will be no swimming lessons on Monday 6th May . This will run on Monday 17th June instead .**

**\*A public session will run instead of swimming lessons on Monday 6th May\***

MONDAY		THURSDAY	
16:30 - 18:30	Swimming Lessons	16:30 - 18:00	Swimming Lessons
18:30 - 21:00	Public Session (Rookie Lifeguard, lane swimming 2 lanes)	18:00 - 19:00	Senior Session
21:00 - 22:00	Adults Only	19:15 - 20:00	Aqua Fit
		20:00 - 22:00	Public Session
TUESDAY		FRIDAY	
16:30 - 17:30	Senior Session	15:30 - 18:00	Swimming Lessons
17:30 - 18:30	Swimming Lessons	18:00 - 19:00	Fun Session
18:30 - 19:30	Fun Session	19:00 - 21:00	Public Swimming
19:30 - 22:00	Public Session	21:00 - 22:00	Staff Training
WEDNESDAY		SATURDAY	
16:30 - 18:00	Swimming Lessons	09:00 - 10:00	Swimming Lessons
18:15- 19:00	Aqua Circuits	10:00 - 11:00	Public Session
19:00 - 20:00	Public Session ( Rookie Lifeguard 2 Lanes 7- 7:30pm)	11:00 - 12:00	Family Friendly
20:00 - 21:00	Ladies Only	12:00 - 13:00	Fun Session
21:00 - 22:00	Adults Only	13:00 - 15:00	Public Session
		SUNDAY	
		09:00 - 10:00	Public session
		10:00 - 11:00	Adults Only
		11:00 - 12:00	Family Friendly
		12:00 - 13:00	Fun Session
		13:00 - 15:00	Public Session