



ME TIME

Women Only Timetable



Inspire: Luton Sports Village, Butterfield Green Road, Luton, LU2 8DD

Tel: 01582393230

Monday – Sunday	Gym	See reverse
Monday	Adult Women Only Swimming	12:15 – 13:00
Tuesday	Aqua Zumba	12:15 – 13:00
Wednesday	Swimming Lessons*	12:15 – 13:15
Thursday	Aqua Fit	20:10 – 21:00
Friday	Adult Women Only Swimming	20:00 – 21:00
Sunday	Women & Children Only Swim (boys up to and including age 7)	16:30 – 17:15

Lea Manor Recreation Centre, Northwell Drive, Luton, LU3 3TL

Tel: 01582599888

Monday	Women Only Half Leisure Swim / Half Lane Swim	20:45 – 21:45
Sunday	Women Only Lane Swim	11:15 – 12:00
Sunday	Swimming Lessons*	11:15 – 12:45
Sunday	Women & Children Only Swim (boys up to and including age 7)	12:15 – 13:00

Lewsey Sports Park & Pool, Pastures Way, Luton, LU4 0PF

Tel: 01582604244

Wednesday	Gym	12:00 – 13:00
Thursday	Woman & Girls Squash	19:00 – 20:00
Friday	Studio Cycle	18:10 – 18:55
Friday	Pilates	19:10 – 20:00
Friday	Gym (last entry 8pm)	19:30 – 20:30
Friday	Adult Women Only Swimming	20:40 – 21:40
Sunday	Swimming Lessons*	12:45 – 14:45
Sunday	Women & Children Only Swim (boys up to and including age 7)	12:55 – 13:40
Sunday	Women & Children Only Swim (boys up to and including age 7)	14:00 – 14:45

Stockwood Park Athletics Centre, Farley Hill, Luton, LU1 4BH

Tel: 01582722930

Tuesday	Buggy Fitness**	09:15 – 10:15
Tuesday	Social Walking**	10:30 – 11:30
Friday	Buggy Fitness**	09:15 – 10:15
Friday	Social Walking**	10:30 – 11:30

River Bank Primary School, Bath Rd, Luton, LU3 1ES

Tel: 01582400272

Monday	Full Body Fitness	18:30 – 19:15
Thursday	Latin Fusion	18:15 – 19:00

Maidenhall Primary School, Newark Rd, Maidenhall, Luton LU4 8LD

Thursday	Bollywood Fitness	10:30 – 11:15
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All sessions are available Pay As You Go (excluding swimming lessons).

Membership options available for centre based classes at Inspire, Lewsey, Lea Manor and Stockwood.

To find out more please email communities@activeluton.co.uk

*Swimming lessons must be booked in advance. **Outdoor sessions can be mixed.

Timetable correct at time of going to print 01/11/2023

Small Gym Timetable, Inspire: Luton Sports Village

MONDAY	Women Only 5:30-7:00	Everyone Welcome 7:15-13:00	Women Only 13:15-16:45	Everyone Welcome 17:00-20:45	Women Only 21:00-22:00
TUESDAY	Women Only 5:30-7:00	Everyone Welcome 7:15-13:00	Women Only 13:15-16:45	Everyone Welcome 17:00-20:45	Women Only 21:00-22:00
WEDNESDAY	Women Only 5:30-7:00	Everyone Welcome 7:15-13:00	Women Only 13:15-22:00		
THURSDAY	Women Only 5:30-7:00	Everyone Welcome 7:15-13:00	Women Only 13:15-16:45	Everyone Welcome 17:00-20:45	Women Only 21:00-22:00
FRIDAY	Everyone Welcome 5:30-10:00		Women Only 10:15-21:00		
SATURDAY	Everyone Welcome 8:00-11:00		Women Only 11:15-17:00		
SUNDAY	Everyone Welcome 8:00-11:00		Women Only 11:15-17:00		