



Barrow Park
Leisure Centre
BARROW FORWARD

BARROW PARK

CLASS TIMETABLE

Mon - Thurs: 06.00 - 22.00
Fri: 06.00 - 20.00
Sat - Sun: 08.00 - 17.00

JAN 26 MAY 26

MONDAY	TIME	CLASS	INSTRUCTOR	AREA
	09.15-10.00	Spin	Steph	SS
	10.15-11.00	BodyPump	Lauren	SH
	10.15-11.00	Yoga	Autumn	S
	11.15-12.00	LBT	Lauren	S
	11.15-12.00	Zumba Gold	Samantha-Jane	SH
	13.15-14.00	Tai Chi	Les	S
	17.45-18.30	Pilates	Cat	S
	17.45-18.30	Spin	Steph	SS
	17.45-18.30	BodyPump	Nicola	SH
	18.45-19.30	Spin	Sam	SS
	18.45-19.30	HIIT Circuit	Josh	FG
	18.45-19.30	Decades Reloaded	Kate	S

TUESDAY	TIME	CLASS	INSTRUCTOR	AREA
	06.15-07.15	Spin	Steph	SS
	09.15-10.00	Spin	Annemarie	SS
	10.15-11.00	HIIT	Annemarie	FG
	10.15-11.00	Young @ Heart	Pam	S
	11.15-12.00	Latin Dance Fitness	Pam	S
	12.15-13.00	Pilates	Pam	S
	13.15-14.00	Young @ Heart	Amber	S
	17.30-18.15	Fun Step	Rebecca	SH
	17.45-18.30	Pound	Kate	S
	17.45-18.30	HIIT	Annemarie	FG
	18.30-19.15	Spin	Sam	SS
	18.30-19.15	BodyPump	Cat	SH
	18.45-19.30	Core	Nicola	S

WEDNESDAY	TIME	CLASS	INSTRUCTOR	AREA
	06.00-06.45	HYRISE	Erin	SH
	09.15-10.00	Spin	Steph	SS
	09.15-10.00	Yoga	Autumn	S
	10.15-11.00	HIIT	Annemarie	FG
	13.15-14.00	Broadway Boogie Encore	Amber	S
	14.45-15.25	Aqua	Lauren	P
	17.45-18.30	Spin	Steph	SS
	17.45-18.30	Pilates	Nicola	S
	17.45-18.30	HYRISE	Josh	SH
	18.45-19.30	HIIT N Ride	Josh	SS
	18.45-19.30	BodyPump	Nicola	SH
	18.45-19.30	Clubbercise	Kate	S

THURSDAY	TIME	CLASS	INSTRUCTOR	AREA
	09.15-10.00	Spin	Steph	SS
	09.15-10.00	BodyPump	Nicola	S
	10.15-11.00	Yoga	Autumn	S
	10.15-11.00	HIIT	Nicola	FG
	11.15-12.00	Young @ Heart	Amber	S
	13.15-14.00	Young @ Heart	Amber	S
	17.30-18.15	Body Combat	Laura	SH
	17.45-18.30	Spin	Steph	SS
	17.45-18.30	Broadway Boogie	Samantha-Jane	S
	18.45-19.30	Women's Lift & Tone	Rebecca	S

FRIDAY	TIME	CLASS	INSTRUCTOR	AREA
	06.30-07.15	Hyrise	Erin	SH
	06.15-07.15	Spin	Steph	SS
	09.15-10.00	Spin	Annemarie	SS
	09.15-10.00	BodyPump	Lauren	S
	10.15-11.00	Fitness Pilates	Pam	S
	11.15-12.00	Aqua	Lauren	P
	11.15-12.00	Ballroom Dance	Pam	S
	17.15-18.00	BodyPump	Nicola	S

SATURDAY	TIME	CLASS	INSTRUCTOR	AREA
	09.00-09.45	BodyPump	Laura	SH
	09.15-10.00	Spin	Steph	SS

SUNDAY	TIME	CLASS	INSTRUCTOR	AREA
	09.00-09.45	BodyPump	Cat	SH
	09.15-10.00	Spin	Rota	SS

KEY : SS Spin Studio SH Sports Hall S Studio FG Functional Gym P Pool

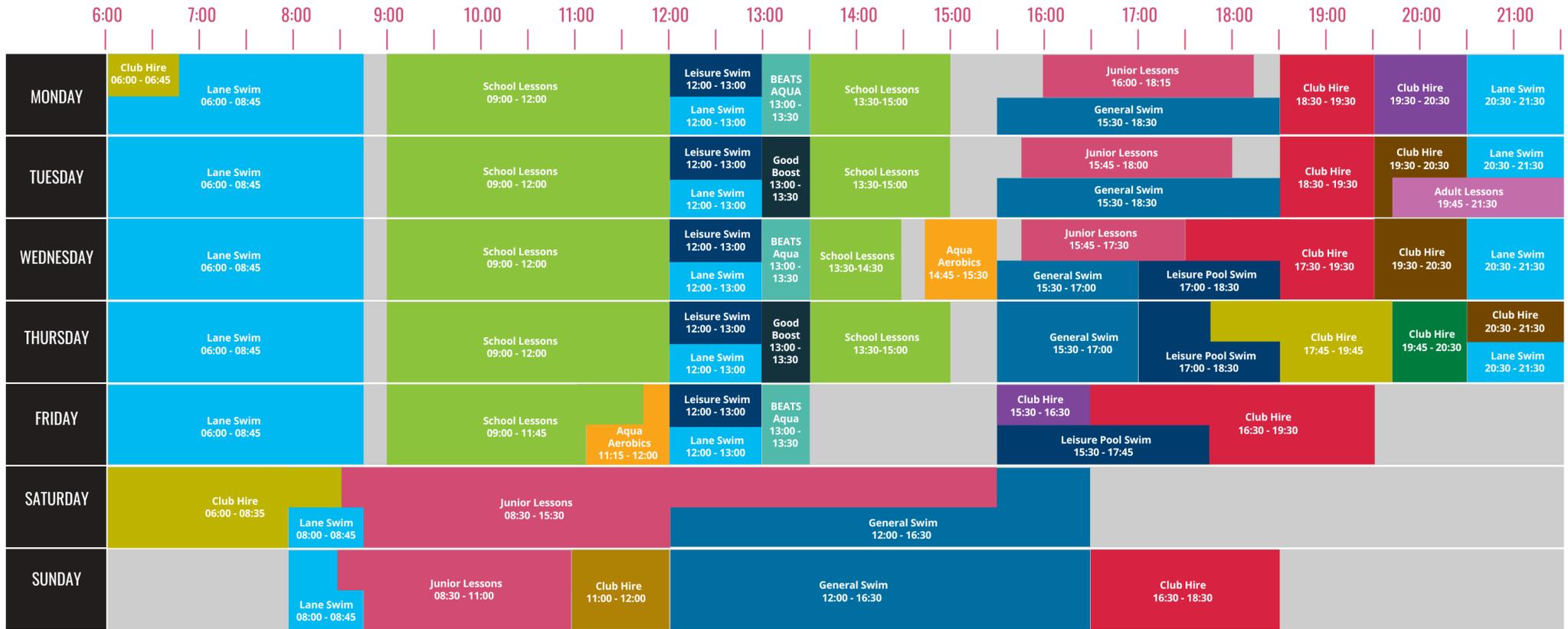
BOOK YOUR CLASSES ONLINE AT
WWW.BARROWLEISURE.CO.UK
OR CALL 01229 871 146



VIEW OUR CLASS DESCRIPTIONS
BY SCANNING THE QR CODE

BARROW PARK MAIN POOL TIMETABLE

TERM TIME 2026



- KEY:**
- Lane Swim
 - Leisure Pool Swim
 - Barrow Amateur Swim Club
 - Furness Tri Club
 - School Lessons
 - Junior Lessons
 - Ulverston Amateur Swim Club
 - Bonus Swim Club
 - Aqua Aerobics
 - Adult Lessons
 - Good Boost
 - BEATS Aquatics for Health
 - General Swim
 - Long Distance
 - Duddon Canoe

For club hire sessions you must book through the club.

*All swim lessons are available to people with a swim lesson membership

**TO BOOK LANE SWIM OR FIND OUT MORE
ABOUT SWIMMING MEMBERSHIPS VISIT
WWW.BARROWLEISURE.CO.UK OR CALL 01229 871 146**

BARROW PARK LEISURE POOL TIMETABLE

TERM TIME 2026

	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00
MONDAY			School Lessons 09:15 - 11:15						Leisure Pool Swim 12:00 - 13:00			School Lessons 13:30-15:00					General Swim 16:00 - 18:30					
TUESDAY			School Lessons 09:15 - 11:15						Leisure Pool Swim 12:00 - 13:00			School Lessons 13:30-15:00					General Swim 16:00 - 18:30					
WEDNESDAY			School Lessons 09:15 - 11:15						Leisure Pool Swim 12:00 - 13:00			School Lessons 13:30-14:30					General Swim 16:00 - 17:30		Leisure Pool Swim 17:30 - 18:30		Aqua max (alt weeks) 18:30 - 19:15	
THURSDAY			School Lessons 09:15 - 11:15						Leisure Pool Swim 12:00 - 13:00			School Lessons 13:30-15:00					General Swim 16:00 - 17:30		Leisure Pool Swim 17:30 - 18:30			
FRIDAY			Ducklings 09:15 - 09:45	School Lessons 09:45 - 11:15					Leisure Pool Swim 12:00 - 13:00			School Lessons 13:30-15:00					Pool Party 16:00 - 18:30		Leisure Pool Swim 16:00 - 17:30			
SATURDAY	Junior Lessons 08:30 - 12:00								General Swim 12:00 - 16:30													
SUNDAY	Junior Lessons 08:30 - 11:00								General Swim 13:00 - 16:30													

KEY :

-  Lane Swim
-  Exterminator
-  Aqua Max
-  School Lessons
-  Junior Lessons
-  Ducklings
-  Leisure Pool Swim
-  General Swim
-  Pool Party

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**Barrow Park
Leisure Centre**
BARROW FORWARD

65+ CLASSES AND GYM SESSIONS

We have a programme for over 65's offering some classes and gym sessions to help motivate you to get moving.

Here at Barrow Park we want to help you gain the confidence to get out of the house and get active again!

MONDAY

ZUMBA GOLD

11.15 - 12.00

TAI CHI

13.15 - 14.00

GYM SESSION

13.30 - 14.30

TUESDAY

YOUNG@HEART

10.15 - 11.00

YOUNG@HEART

13.15 - 14.00

GYM SESSION

13.30 - 14.30

WEDNESDAY

WALKING NETBALL

10.15 - 11.30

BROADWAY

BOOGIE ENCORE

13.15 - 14.00

GYM SESSION

13.30 - 14.30

AQUA

14.45 - 15.25

THURSDAY

YOUNG@HEART

13.15 - 14.00

GYM SESSION

13.30 - 14.30

FRIDAY

WALKING NETBALL

10.15 - 11.30

GYM SESSION

13.30 - 14.30

**JUST
£3.50**

per class/gym
session

Classes are included in the membership package and can be accessed by members of all ages.



Barrow Park
Leisure Centre
BARROW FORWARD

BARROW LEISURE TOGETHER

Our **TOGETHER** timetable is to encourage **ANYONE** over the age of 18 to get out of the house and socialise with other people through sporting activities. We think it's the best way to beat loneliness, build confidence and just feel **BETTER!**

MONDAY

TABLE TENNIS /
PICKLE BALL

14.00 - 15.00
Sports Hall

TUESDAY

SHORT MAT
BOWLS

13.00 - 14.30
Sports Hall

WEDNESDAY

WALKING
NETBALL

10.15 - 11.30
Sports Hall

THURSDAY

SHORT MAT
BOWLS

09.15 - 10.45
Sports Hall

FRIDAY

TABLE TENNIS /
PICKLE BALL

11.30 - 12.30
Sports Hall

CLASSES
ARE **£3.50**
PER
SESSION