

Gym Timetable

Sidmouth Leisure Centre

2023/2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gym Open	06.45 - 21.30	06.45 - 21.30	06.45 - 21.00	06.45 - 21.30	06.45 - 19.00	08.00 - 14.00	08.00 - 14.00
06.00am							
07.00am							
08.00am							
09.00am							
10.00am		School use		School use			
11.00am	PULSE 11.30 - 12.30	School use 10:15-12:30	PULSE 11.30 - 12.30	School use 10:15-12:30			
12.00pm							
13.00pm		School use					
14.00pm	School use 14.20 - 15.20	School use 13.30 - 15.20		Closed			
15.00pm	Get Active 15.30 - 16.30	Get Active 15.30 - 16.30	Get Active 15.30 - 16.30	13.30 - 16.00			
16.00pm							
17.00pm							
18.00pm							
19.00pm							
20.00pm							
21.00pm							

Gym Open
PULSE
Get Active Gym
School Session

