

# Balfron Leisure Complex

## 22<sup>nd</sup> April – 27<sup>th</sup> June 2025 Swimming Pool & Fitness suite timetable

Swimming Pool	7am – 8am	5-6pm	6-7pm	6.30-7.30pm	8-9pm	8.30-9.30pm	9-9.45pm
Monday		Active Stirling – Swimming Lessons					Lane Swimming
Tuesday	Lane Swimming	Active Stirling – Swimming Lessons					
Wednesday		Family session		Lane Swimming	Lane Swimming		
Thursday	Lane Swimming	Active Stirling – Swimming Lessons & Barracudas SC				Lane Swimming	

Swimming Pool	7am-8am	5-6pm	6-6.45pm	7-8pm	8-9pm		
Friday		Family session	Lane Swimming	CRUSHER	CRUSHER		

Swimming Pool	8.30am-9.30am	9-10am	10-11am	11.30am-1pm	1.45pm-2.45pm	3-4pm
Saturday	Lane swimming			Open swim with lane	Private Party session	Lane Swimming
Sunday		Lane Swimming	Open swim with lane 10am-1pm		Private Party session	

Fitness suite	7am-8am	5-6pm	6-7pm	7-8pm	8-9pm		
Monday to Friday	Open (Tuesday & Thursday only)	Open	Open	Open	Open		

Fitness Suite	9-10am	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm
Saturday & Sunday	Open	Open	Open	Open	Open	Saturday Only	Saturday Only