

WOMEN & GIRLS BETTER ACTIVITIES

BARNET LEISURE CENTRES

Last updated: 13th November 2023

Barnet Cophall Leisure Centre				
Activity	Day	Time	Location	Booking info
Pre & Post Natal Water Workout	Tuesday	11:00 – 12:00	Competition pool	Better app or website
Water Aerobics	Tuesday	09:15 – 10:15		
	Friday	09:15 – 10:15		
	Thursday	12:00 – 13:00		
Women Only swim session	Monday	12:00 – 13:00	Community Pool	
	Wednesday	12:00 – 13:00		

Burnt Oak Leisure Centre				
Activity	Day	Time	Location	Booking info
Walking Netball	Tuesday	11:45 – 12:45	Sports hall	Better app or website
Women's ONLY Gym	Friday	18:30 – 20:00	Downstairs Gym	Better app or website
Women's ONLY Aerobics class	Tuesday	09:30 – 10:30	Studio	Better app or website
Girls football (Aged 8-12)	Wednesday	18:00 – 19:00	Outdoor 4G football pitch	Via email

Hendon Leisure Centre				
Activity	Day	Time	Location	Booking info
Women Only Gym	Sunday	18:00 – 19:00	Upper Gym	Better app or website
		19:00 – 20:00	Lower Gym	

Finchley Lido Leisure Centre				
Activity	Day	Time	Location	Booking info
Women's ONLY swim	Thursday	19:30 – 21:30	Main pool	Better app or website
Women & Girls swim	Thursday	19:30 – 21:00	Leisure pool	
Aqua Aerobics	Wednesday	10:30 – 11:30	Main pool	
	Friday	09:30 – 10:45		

New Barnet Leisure Centre				
Activity	Day	Time	Location	Booking info
Women ONLY swim	Wednesday	09:00 – 10:00	Main pool	Better app or website
Aqua Aerobics	Monday	13:30 – 14:30		
	Friday	12:30 – 13:30		
Virtual Cycle – Women ONLY	Monday	20:15 – 20:55	Studio	