

CLASS TIMETABLE

ALL CLASSES MUST BE PRE BOOKED

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00-09:00		08:45 - 09:15 Flex & Stretch		08:45 - 09:15 Active For Life	08:45 - 09:15 Flex & Stretch		
09:00-10:00		09:30 - 10:00 AQUA		09:30 - 10:00 AQUA	09:30 - 10:00 AQUA	09:45 - 10:15 Flex & Stretch	
10:00-11:00	10:00 - 12:00 	Children's Swimming Allocated time	10:00 - 12:00 	10:00 - 12:00 	10:00 - 12:00 Children's Swimming Allocated time	Children's Swimming Allocated time	Children's Swimming Allocated time
11:00-12:00		AQUATIC PHYSIO 1 Pool lane being used					
12:00-13:00	13:00 - 13:30 Flex & Stretch	12:00 - 12:30 Active For Life		12:00 - 12:30 Flex & Stretch	12:00 - 12:45 Flex Active		
13:00-14:00	13:45 - 14:15 AQUA	12:45 - 13:15 AQUA	14:30 - 15:00 Kettlebells	12:45 - 13:15 AQUA		14:00 - 18:00 Children's Swimming Allocated time	14:00 - 18:00 Children's Swimming Allocated time
15:00-16:00		Children's Swimming Allocated time	15:00 - 18:00 Children's Swimming Allocated time	Children's Swimming Allocated time	Children's Swimming Allocated time	15:00 - 18:00 	14:00 - 16:00 
16:00-17:00	Children's Swimming Allocated time	Swimming Lessons					
17:00-18:00			18:15 - 19:00 AQUA				

Private Swimming Lessons available:

Monday - Friday - 9am - 12pm & 2pm - 7pm Saturday, Sunday & Bank Holidays - 10am - 12pm & 2pm - 6pm

Personal Training Available