

May Bank Holiday Pool Timetable

Monday 6th May 2024

0800 - 09:55	Lane Swim
10:00 - 10:55	Family Fun
11:00 - 14.00	General/Lane Swim
14.00 - 15.00	Disabled & Remedial
15.00 - 15.50	Adults Only
16:00 - 19:00	Swim Academy

May Bank Holiday Class Timetable

Monday 6th May

08:00 Circuits - Shane

08:00 Pilates - Jayne

09:00 Endurance Cycle (75 minute ride) - Shane

09:00 Body Pump - Jayne

10:00 Body Balance - Jayne

18:00 Rocky Ride (Indoor Cycle) - Shane