

Time	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	Children's Swimming Allocated time	Children's Swimming Allocated time			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	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			
16:00-17:00						Swimming Lessons		18:15 - 19:00 AQUA	14:00 - 16:00 
17:00-18:00									

Private Swimming Lessons available:
Monday – Friday - 9am – 12pm & 2pm – 7pm Saturday, Sunday & Bank Holidays – 10am – 12pm & 2pm – 6pm

Personal Training Available