

BANK HOLIDAY MONDAY



0800 - 1500

Last admittance to the gym is 2.30pm.

We will be running the following classes.

Please book in advance online, over the phone or at reception.

Fitness classes		Main Pool	
Body Combat	09.30 – 10.30	Lanes	0800 – 1000
Body Pump	10.45 – 11.45	Fun Swim	1000 – 1200
		Lanes	1200 – 1330
		Fun Swim	1330 - 1500
		Learner Pool	
		Fun Swim	0800 – 1500
		Parent and Tot	1300 - 1400

*Thank you for your continued support and
custom.*