

BANK HOLIDAY MONDAY



08.00 - 15.00

Last admittance to the gym is 14.00.

See below for our class and pool programme.

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

FITNESS CLASSES

Aqua Fit	1000 - 1100

MAIN POOL

General Swim + 1 Lane	0800 - 1000
Aqua Fit	1000 - 1100
General Swim + 1 Lane	1100 - 1230
Lanes	1230 - 1330
General Swim + 1 Lane	1330 - 1500

Thank you for your continued support and custom   