

# 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

Body Pump	0900 - 1000
Body Combat	1015 - 1115

## MAIN POOL

Lanes	0800 - 1000
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   