

# Shipley Pool fitness classes

## Shipley Pool And Gym

Accurate as of 18/05/2024

### Times for Wednesday 17 April



Time	Session	Facility
10:30 am - 11:00 am	Abs Blast	Activity Room
1:00 pm - 1:45 pm	Intro to Fitness	Activity Room
5:00 pm - 5:45 pm	Boxercise	Activity Room
6:00 pm - 6:45 pm	Kettle Bells	Activity Room
7:00 pm - 7:45 pm	Spirals	Activity Room
8:15 pm - 9:00 pm	Aqua Blast	Diving Pool (12.5m)