

Shipley Pool fitness classes

Shipley Pool And Gym

Accurate as of 18/05/2024

Times for Thursday 18 April



Time	Session	Facility
9:00 am - 9:45 am	Spirals	Activity Room
10:30 am - 11:30 am	Pilates	Activity Room
12:00 pm - 12:45 pm	Aqua Blast	Diving Pool (12.5m)
3:00 pm - 4:00 pm	Aquacises (Ladies Only)	Indoor Pool (25.0m)
5:15 pm - 5:45 pm	Abs Blast	Activity Room
6:00 pm - 6:45 pm	Circuit Training	Activity Room
7:00 pm - 7:45 pm	Circuit Training	Activity Room