

Shipley Pool fitness classes

Shipley Pool And Gym

Accurate as of 04/05/2024

Times for Tuesday 23 April



Time	Session	Facility
9:00 am - 9:45 am	Women's Workout	Activity Room
10:00 am - 11:15 am	Dru Yoga	Activity Room
12:00 pm - 12:45 pm	Aquacises (Ladies Only)	Indoor Pool (25.0m)
7:30 pm - 8:30 pm	Zumba	Activity Room