

# Mounts Baths Swimming Timetable

## Mounts Baths Leisure Centre

Accurate as of 05/05/2024

Times for Wednesday 24 January



| Time          | Session  | Facility      |
|---------------|--|---------------|
| 07:00 - 08:00 | 11+ Fitness Swim                               | Main Pool 30m |
| 08:15 - 09:15 | 11+ Fitness Swim                               | Main Pool 30m |
| 09:30 - 10:15 | Aqua Aerobics 14+                              | Main Pool 30m |
| 12:00 - 13:30 | old - no longer in use Lunchtime Lane Swim 14+ | Main Pool 30m |
| 14:30 - 15:45 | 11+ Fitness Swim                               | Main Pool 30m |
| 16:00 - 19:45 | Trilogy Swim School                            | Main Pool 30m |
| 20:00 - 21:00 | 11+ Fitness Swim Peak                          | Main Pool 30m |