

# Pendle Wavelengths Swimming & Fitness Classes

## Pendle Wavelengths

Accurate as of 16/05/2024

### Times for Tuesday 30 April



Time	Session	Facility
06:00 - 22:00	Gym Open Session	Gym
07:00 - 08:30	Early Birds (Adult Only)	Leisure Pool (25.0m)
07:15 - 07:45	Group Fitness	Gym
09:00 - 12:15	School Swimming	Leisure Pool (25.0m)
10:00 - 10:50	Aerotone	Dance Studio / Hall
12:00 - 13:00	Core Stability	Dance Studio / Hall
12:30 - 19:00	Public Swimming	Leisure Pool (25.0m)
13:30 - 14:00	Aquababes 0 - 15 months	Leisure Pool (25.0m)
14:00 - 14:30	Aquababes 15 months - 3 years	Leisure Pool (25.0m)
14:30 - 15:15	Adult Lessons	Leisure Pool (25.0m)
16:00 - 18:00	Gym Open Session	Junior Gym
16:00 - 18:30	Private Swimming Lessons	Leisure Pool (25.0m)
16:15 - 17:00	Teen Box	Dance Studio / Hall
17:05 - 17:50	Zig Zag Active Fitness / Blast Circuits	Junior Gym
17:15 - 17:45	Team Core	Dance Studio / Hall
18:00 - 18:30	Kettlebell Blast	Junior Gym
18:00 - 18:50	Bums & Tums	Dance Studio / Hall
18:45 - 19:15	Cycle Blast	Junior Gym
19:00 - 19:50	Zumba	Dance Studio / Hall
20:00 - 20:50	Boxercise	Dance Studio / Hall

**Time**

**Session**

**Facility**

20:00 - 22:00

Canoe Club

Leisure Pool (25.0m)