

# Pendle Wavelengths Swimming & Fitness Classes

## Pendle Wavelengths

Accurate as of 16/05/2024

### Times for Sunday 5 May



Time	Session	Facility
08:00 - 09:00	Early Birds (Adult Only)	Leisure Pool (25.0m)
08:00 - 17:30	Gym Open Session	Gym
09:00 - 12:15	Private Swimming Lessons	Leisure Pool (25.0m)
09:00 - 17:30	Public Swimming	Leisure Pool (25.0m)
09:15 - 10:15	Group Power	Dance Studio / Hall
10:30 - 11:30	Piloxing	Dance Studio / Hall
11:00 - 17:00	Gym Open Session	Junior Gym
11:45 - 12:45	Freestyle HIIT	Dance Studio / Hall
13:00 - 13:45	Zig Zag Dance Mat Fever	Dance Studio / Hall
14:00 - 14:45	Available for Zig Zag DanceActive Parties	Dance Studio / Hall
15:00 - 15:45	Zig Zag Dance Mat Fever	Dance Studio / Hall
16:00 - 16:45	Available for Zig Zag DanceActive Parties	Dance Studio / Hall
17:00 - 18:00	Group Centergy	Dance Studio / Hall
18:00 - 20:00	Female Only (children Permitted)	Leisure Pool (25.0m)
18:00 - 20:00	Female Only	Gym