

Group Exercise Timetable

Darrick Wood Swimming Pool

Accurate as of 02/05/2024

Times for Wednesday 9 October



| Time | Session | Facility | Instructor |
|--------------------|-------------|---------------------|------------|
| 9:30 am - 10:15 am | AquaFit 16+ | Indoor Pool (18.0m) | Cathy |
| 7:00 pm - 7:45 pm | AquaFit 16+ | Indoor Pool (18.0m) | Harriet |
| 7:45 pm - 8:30 pm | AquaFit 16+ | Indoor Pool (18.0m) | Harriet |