## **Group Exercise Timetable**

## **Darrick Wood Swimming Pool**

Accurate as of 02/05/2024

| Times for Friday 11 October |         |            | •          |
|-----------------------------|---------|------------|------------|
| Time                        | Session | Facility   | Instructor |
| 9:30 am - 10:30 am          | Pilates | Small Hall | Mandy      |