

# Swimming Timetable

## Newham Leisure Centre

Accurate as of 27/07/2024

### Times for Wednesday 13 December



Time	Session	Facility
06:00 - 09:00	Adult Lane Swimming	Main Pool
12:05 - 12:50	Aqua Fit	Main Pool
14:40 - 15:40	Adult Lane Swimming*	Main Pool
19:30 - 21:30	Adult Lane Swimming	Main Pool