

Swimming Pool Timetable

Institute Of Sport And Exercise

Accurate as of 03/07/2024

Times for Monday 8 July



Time	Session	Facility
07:00 - 08:30	Lane Swimming (4 lanes)	Swimming Pool
08:30 - 11:05	Closed	Swimming Pool
11:00 - 12:00	Half and Half	Swimming Pool
11:05 - 11:50	AL/S Aqua Exercise	Swimming Pool
12:00 - 18:00	Lane Swimming (4 lanes)	Swimming Pool
18:00 - 21:15	Half and Half	Swimming Pool