

# Pendle Wavelengths Swimming & Fitness Classes

## Pendle Wavelengths

Accurate as of 22/11/2024

### Times for Monday 18 November



Time	Session	Facility
07:00 - 08:30	Early Birds (Adult Only)	Leisure Pool (25.0m)
07:00 - 22:00	Gym Open Session	Gym
09:15 - 10:15	Exercise for Health Class	Leisure Pool (25.0m)
09:50 - 10:50	Group Fight	Dance Studio / Hall
10:30 - 12:15	School Swimming	Leisure Pool (25.0m)
12:15 - 13:00	Aero Circuits	Dance Studio / Hall
12:15 - 13:15	Tadpole Lessons	Leisure Pool (25.0m)
12:30 - 18:00	Public Swimming	Leisure Pool (25.0m)
13:30 - 14:45	Iyenga Yoga	Dance Studio / Hall
14:00 - 14:45	Aquababes	Leisure Pool (25.0m)
15:30 - 16:15	Zig Zag Dance Mat Fever	Dance Studio / Hall
16:00 - 17:45	Gym Open Session	Junior Gym
16:00 - 18:00	Private Swimming Lessons	Leisure Pool (25.0m)
16:15 - 17:00	Zig Zag Wild Wall Circuits	Dance Studio / Hall
17:15 - 17:45	Team Core	Dance Studio / Hall
18:00 - 18:50	Pump Start	Dance Studio / Hall
18:00 - 18:50	Beginners Indoor Cycling	Junior Gym
19:00 - 19:45	KO8	Junior Gym
19:00 - 19:50	Body Rock	Dance Studio / Hall
20:00 - 20:50	Group Fight	Dance Studio / Hall