

Pendle Wavelengths Swimming & Fitness Classes

Pendle Wavelengths

Accurate as of 22/11/2024

Times for Wednesday 20 November



Time	Session	Facility
07:00 - 22:00	Gym Open Session	Gym
07:15 - 07:45	Group Fitness	Gym
09:00 - 12:15	School Swimming	Leisure Pool (25.0m)
10:30 - 11:30	Group Fight	Dance Studio / Hall
12:00 - 13:00	Group Power	Dance Studio / Hall
12:30 - 13:30	Ladies Only Aquarhythmics	Leisure Pool (25.0m)
13:10 - 14:10	Zumba	Dance Studio / Hall
13:30 - 15:30	Nifty Fifties (term time only)	Leisure Pool (25.0m)
13:30 - 19:00	Public Swimming	Leisure Pool (25.0m)
14:10 - 15:10	Pilates	Dance Studio / Hall
16:00 - 17:45	Gym Open Session	Junior Gym
16:00 - 18:30	Private Swimming Lessons	Leisure Pool (25.0m)
17:15 - 17:45	Team Core	Dance Studio / Hall
18:00 - 18:50	Beginners Indoor Cycling	Junior Gym
18:00 - 19:00	Group Power	Dance Studio / Hall
19:00 - 19:50	Step & Tone	Dance Studio / Hall
19:00 - 20:00	Adult Only Swimming	Leisure Pool (25.0m)
20:00 - 21:00	Group Fight	Dance Studio / Hall