

# Pendle Wavelengths Swimming & Fitness Classes

## Pendle Wavelengths

Accurate as of 22/11/2024

Times for Sunday 24 November			
Time	Session	Facility	
08:00 - 09:00	Early Birds (Adult Only)	Leisure Pool (25.0m)	
08:00 - 17:30	Gym Open Session	Gym	
09:00 - 12:15	Private Swimming Lessons	Leisure Pool (25.0m)	
09:00 - 17:30	Public Swimming	Leisure Pool (25.0m)	
09:15 - 10:15	Group Power	Dance Studio / Hall	
10:30 - 11:30	Piloxing	Dance Studio / Hall	
11:00 - 17:00	Gym Open Session	Junior Gym	
11:45 - 12:45	Freestyle HIIT	Dance Studio / Hall	
13:00 - 13:45	Zig Zag Dance Mat Fever	Dance Studio / Hall	
14:00 - 14:45	Available for Zig Zag DanceActive Parties	Dance Studio / Hall	
15:00 - 15:45	Zig Zag Dance Mat Fever	Dance Studio / Hall	
16:00 - 16:45	Available for Zig Zag DanceActive Parties	Dance Studio / Hall	
17:00 - 18:00	Group Centergy	Dance Studio / Hall	
18:00 - 20:00	Female Only (children Permitted)	Leisure Pool (25.0m)	
18:00 - 20:00	Female Only	Gym	