

Pendle Wavelengths Swimming & Fitness Classes

Pendle Wavelengths

Accurate as of 22/11/2024

Times for Thursday 28 November



Time	Session	Facility
06:00 - 22:00	Gym Open Session	Gym
07:00 - 08:30	Early Birds (Adult Only)	Leisure Pool (25.0m)
07:15 - 07:45	Group Fitness	Gym
09:00 - 12:00	School Swimming	Leisure Pool (25.0m)
10:00 - 10:50	Bums & Tums	Dance Studio / Hall
12:15 - 13:00	Beginners Aerobics	Dance Studio / Hall
12:15 - 19:00	Public Swimming	Leisure Pool (25.0m)
13:05 - 14:05	Zumba Tone	Dance Studio / Hall
13:30 - 14:00	Aquababes	Leisure Pool (25.0m)
14:00 - 14:55	Aquarhythmics	Leisure Pool (25.0m)
14:05 - 15:05	Group Centergy	Dance Studio / Hall
16:00 - 18:00	Gym Open Session	Junior Gym
16:00 - 18:30	Private Swimming Lessons	Leisure Pool (25.0m)
17:45 - 18:30	Pump Start	Dance Studio / Hall
18:00 - 18:50	Indoor Cycling	Junior Gym
18:35 - 19:35	Piloxing	Dance Studio / Hall
19:00 - 21:00	Splashdown Fun Session (inflatable 7.30pm - 8.30pm)	Leisure Pool (25.0m)
19:35 - 20:35	Boxercise	Dance Studio / Hall