

Pendle Wavelengths Swimming & Fitness Classes

Pendle Wavelengths

Accurate as of 23/11/2024

Times for Friday 29 November



Time	Session	Facility
07:00 - 08:30	Early Birds (Adult Only)	Leisure Pool (25.0m)
07:00 - 22:00	Gym Open Session	Gym
09:00 - 10:00	Adult Female Only Swim	Leisure Pool (25.0m)
09:00 - 10:00	Mums & Babies	Leisure Pool (25.0m)
09:50 - 10:40	Aerotone	Dance Studio / Hall
10:30 - 11:30	Exercise for Health Class	Leisure Pool (25.0m)
10:50 - 11:50	Iyenga Yoga	Dance Studio / Hall
12:00 - 13:00	Group Power	Dance Studio / Hall
12:00 - 19:00	Public Swimming	Leisure Pool (25.0m)
13:00 - 13:50	Core Stability	Dance Studio / Hall
13:15 - 14:00	Adult Lessons	Leisure Pool (25.0m)
14:00 - 15:00	Tadpole Lessons	Leisure Pool (25.0m)
16:00 - 18:00	Gym Open Session	Junior Gym
16:00 - 19:10	Private Swimming Lessons	Leisure Pool (25.0m)
16:15 - 17:15	Junior Circuits	Dance Studio / Hall
17:30 - 18:30	Group Groove	Dance Studio / Hall
18:05 - 18:50	Junior Roc-It Circuit	Junior Gym
19:00 - 19:50	Teen Roc-It Circuits	Junior Gym
19:00 - 20:00	Adult Only Swimming	Leisure Pool (25.0m)
19:00 - 20:00	Tai Chi	Dance Studio / Hall