



BIGBOX

SWIMMING POOL TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
FAMILY SWIM 0900-1000 2 LANES	FAMILY SWIM 0900-1000 2 LANES	AQUA FIT 0930-1015 3 LANES	AQUA GROOVE 0945-1030 3 LANES	AQUA COMBAT 0915-1000 3 LANES	SWIM LESSONS 0900-1200 1 LANE (£)	FAMILY SWIM 1000-1400 2 LANES
AQUA PILATES 1025-1110 3 LANES	AQUA 1000-1045 3 LANES	AQUA ZUMBA 1100-1145 3 LANES	AQUA FIT 1100-1145 3 LANES	SWIM LESSONS 1030-1230 1 LANE (£)	FAMILY SWIM 1000-1400 2 LANES	FAMILY SWIM 1600-1900 2 LANES
AQUA 1140-1225 3 LANES	AQUA MED 1115-1200 2 LANES	FAMILY SWIM 1400-1800 2 LANES	FAMILY SWIM 1400-1900 2 LANES	FAMILY SWIM 1400-1900 2 LANES	AQUA COMBAT 14:15-1500 3 LANES	
FAMILY SWIM 1400-1800 2 LANES	FAMILY SWIM 1400-1800 2 LANES	SWIM LESSONS 1500-1900 1 LANE (£)	SWIM LESSONS 1500-1900 1 LANE (£)	SWIM LESSONS 1500-1900 1 LANE (£)	FAMILY SWIM 1600-1900 2 LANES	
AQUA 1915-2000 3 LANES	AQUA COMBAT 1900-1945 3 LANES	AQUA ZUMBA 1920-2005 2 LANES	POOL OPENING HOURS: 0500-2200 weekdays & 0800-2200 weekends			
			SPA OPENING HOURS: 0530-2200 weekdays & 0800-2200 weekends			

(£) Extra cost | Times are subject to change | Adult swimming available at all times
Members are respectfully requested to vacate the Pool and Spa facilities at least 15 minutes before closing time at weekends.