



| <u>Time</u> | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Time</u> | <u>Saturday</u> | <u>Sunday</u> |
|--------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|--------------|--|--|
| 6:00 | Pool Opens 6:10 AM | Pool Opens 6:10 AM | Pool Opens 6:10 AM | Pool Opens 6:10 AM | Pool Opens 6:10 AM | 6:00 | | |
| 7:00 | | | | | | 7:00 | POOL OPENS 7:10 AM | POOL OPENS 7:10 AM |
| 8:00 | | | | | | 8:00 | BLUE FIT 8.00am Start 12.30 PM Finish | BLUE FIT 8.00am Start 12.30 PM Finish |
| 8:45 | BLUE FIT | BLUE FIT | | | BLUE FIT | 8:45 | | |
| 9:00 | 9:00am Start | 9:00am Start | | | 9:00am Start | 9:00 | | |
| 10:30 | 11.00am Finish | 11.30am Finish | | | 10:30am Finish | 10:00 | | |
| 11:00 | | | | | AQUA 10:30am - 11:15am | 11:00 | | |
| 11:45 | AQUA 11.45am - 12:30pm | AQUA 11.45am - 12:30pm | AQUA 11.45am - 12:30pm | AQUA 11.45am - 12:30pm | | 11:30 | | |
| 12:30 | | | | | | 12:00 | | |
| 13:00 | AQUA 12:30pm - 1:15pm | | AQUA 12:30pm - 1:15pm | | | 12:30 | | |
| 14:00 | | | | | | 14:00 | Pool Closes at 1:50PM | Pool Closes at 1:50PM |
| 15:30 | | | | | | 15:30 | | |
| 16:00 | BLUE FIT 4:00PM Start | BLUE FIT 4:00PM Start | BLUE FIT 3:45PM Start | BLUE FIT 4:15PM Start | BLUE FIT 4:15PM Start | 16:00 | | |
| 17:00 | | | | | | 17:00 | | |
| 18:00 | 6:45PM Finish | 6:30PM Finish | 6:45PM Finish | 6:30PM Finish | 6:45PM Finish | 18:00 | | |
| 18:30 | | | | | | 18:30 | | |
| 19:00 | | | | | Pool Closes at 6:50PM | 19:00 | | |
| 20:00 | Pool Closes at 7:50PM | Pool Closes at 7:50PM | Pool Closes at 7:50PM | Pool Closes at 7:50PM | | 20:00 | | |

Pool timetable may change.
 Pool OPENS at 6.10AM to allow team members to complete safety checks and water tests. / and 7:10AM on Weekends
 Pool CLOSES 10 Minutes PRIOR to Club Closure.

 = Pool available to use by Fitness First Members

POOL IS NOT AVAILABLE WHEN BLUEFIT CLASSES ARE IN SESSION, EXCEPT FOR MONDAY 6:15AM ADULT CLASS, LANE SHARING STILL AVAILABLE

Bluefit is now offering ADULT Swimming Lessons, please contact them for more information