Fitness First

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00						6:00		
7:00						7:00		
8:00						8:00	King swim	King swim
8:45						8:45	King swim	King swim
9:00		King swim	King swim			9:00	King swim	King swim
10:30		King swim	King swim	King swim	AQUA	10:00	King swim	King swim
11:00		King swim	King swim	King swim	AQUA	11:00	King swim	King swim
11:45	AQUA	AQUA	AQUA			11:30	King swim	King swim
12:30	AQUA	AQUA	AQUA			12:00		King swim
13:00						12:30		
14:00						14:00		
15:30	King swim	King swim	King swim			15:30		
16:00	King swim	King swim	King swim			16:00		
17:00	King swim	King swim	King swim			17:00		
18:00	King swim	King swim	King swim			18:00		
18:30						18:30		
19:00						19:00		
20:00						20:00		

Pool timetable may change. Correct timetable will always be displayed at reception.

= Pool available to use by Fitness First Members