



<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>
<u>6:00</u>	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	<u>6:00</u>		
<u>7:00</u>						<u>7:00</u>	POOL OPENS 7:10 AM	POOL OPENS 7:10 AM
<u>8:00</u>						<u>8:00</u>	BLUE FIT 7.50am Start 12.30 PM Finish	BLUE FIT 7:50am Start 12.30 PM Finish
<u>8:45</u>						<u>8:45</u>		
<u>9:00</u>						BLUE FIT 8:50am Start 10:30 Finish		
<u>10:30</u>								
<u>11:00</u>	11.00am Finish	11.30am Finish				AQUA 10:30am - 11:15am		
<u>11:45</u>	AQUA 11.45am - 12:30pm	AQUA 11.45am - 12:30pm	AQUA 11.45am - 12:30pm	AQUA 11.45am - 12:30pm		<u>11:30</u>		
<u>12:30</u>						<u>12:00</u>		
<u>13:00</u>						<u>12:30</u>		
<u>14:00</u>						<u>14:00</u>	Pool Closes at 1:50PM	Pool Closes at 1:50PM
<u>15:30</u>	BLUE FIT 3:50PM Start 6:45PM Finish	BLUE FIT 3:50PM Start 6:30PM Finish	BLUE FIT 3:35PM Start 6:45PM Finish	BLUE FIT 4:05PM Start 6:30PM Finish	BLUE FIT 4:05PM Start 6:45PM Finish	<u>15:30</u>		
<u>16:00</u>						<u>16:00</u>		
<u>17:00</u>						<u>17:00</u>		
<u>18:00</u>						<u>18:00</u>		
<u>18:30</u>						<u>18:30</u>		
<u>19:00</u>					Pool Closes at 6:50PM	<u>19:00</u>		
<u>20:00</u>	Pool Closes at 7:50PM	Pool Closes at 7:50PM	Pool Closes at 7:50PM	Pool Closes at 7:50PM		<u>20:00</u>		

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.

Under No Circumstances can Fitness First Members use the Pool when BLUEFIT Classes are running!
FF Members must leave 10 minutes PRIOR to Bluefit Classes Commencing

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

= Pool available to use by Fitness First Members