

GROUP FITNESS TIMETABLE			Pool Timetable April 2025				kingswim										
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time									
5:00	<a href="#">GOODLIFE MEMBER SWIM 5:30AM TO 9:00AM</a>	<a href="#">GOODLIFE MEMBER SWIM 5:30AM TO 9:15AM</a>	<a href="#">GOODLIFE MEMBER SWIM 5:30AM TO 9:00AM</a>					5:00									
6:00								6:00									
6:15								6:15									
6:30								6:30									
6:45								6:45									
7:00						<a href="#">GOODLIFE MEMBER SWIM 7:00 to 7:45</a>		7:00									
7:15								7:15									
7:30								7:30									
7:45								7:45									
8:00								8:00									
8:15								8:15									
8:30								8:30									
8:45								<a href="#">GOODLIFE MEMBER SWIM 5:30 to 12:00</a>				8:45					
9:00		<a href="#">AQUA 9:15 TO 10:15</a>										9:00					
9:15												9:15					
9:30												9:30					
9:45												9:45					
10:00			<a href="#">King Swim Learn to swim 7:45 to 12:45</a>	<a href="#">King Swim Learn to swim 8:00 to 12:30</a>	10:00												
10:15					10:15												
10:30					10:30												
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12:00					12:00												
12:15					12:15												
12:30	<a href="#">HYDROTHERAPY 12:00 TO 13:00 kingswim access only</a>				12:30												
12:45					<a href="#">AQUA 12:15 TO 13:15</a>						12:45						
13:00											13:00						
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13:45											13:45						
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14:15											14:15						
14:30	<a href="#">GOODLIFE MEMBER SWIM 12:30 to 16:45</a>	14:30															
14:45		14:45															
15:00		15:00															
15:15		<a href="#">GOODLIFE MEMBER SWIM 12:45 to 17:45</a>		15:15													
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16:45											16:45						
17:00				<a href="#">King Swim Learn to swim 15:30 to 18:30</a>			17:00										
17:15							<a href="#">King Swim Learn to swim 15:30 to 19:15</a>	<a href="#">King Swim Learn to swim 15:30 to 19:20</a>					17:15				
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19:15													19:15				
19:30				<a href="#">AQUA 19:30 to 20:15</a>	<a href="#">AQUA 19:15 to 20:05</a>		<a href="#">GOODLIFE MEMBER SWIM 18:30 to 21:00</a>			19:30							
19:45										<a href="#">GOODLIFE MEMBER SWIM 19:45 TO 21:00</a>							19:45
20:00																	20:00
20:15					<a href="#">GOODLIFE MEMBER SWIM 19:45 to 21:00</a>					20:15							
20:30				<a href="#">GOODLIFE MEMBER SWIM 20:15 to 21:00</a>						<a href="#">GOODLIFE MEMBER SWIM 20:05 to 21:00</a>					20:30		
20:45															20:45		
21:00															21:00		
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time									
Pool Timetable April 2025																	
DAY	DATE:	START TIME	END TIME	WHAT IS HAPPENING													
SUNDAY	13th April	12:00	14:30	training 12 to 2:30 no member access													