

# Group Exercise Timetable

## Darrick Wood Swimming Pool

Accurate as of 07/06/2026

### Times for Wednesday 10 June



| Time               | Session     | Facility            | Instructor |
|--------------------|-------------|---------------------|------------|
| 9:30 am - 10:15 am | AquaFit 16+ | Indoor Pool (18.0m) | Cathy      |
| 7:00 pm - 7:45 pm  | AquaFit 16+ | Indoor Pool (18.0m) | Harriet    |
| 7:45 pm - 8:30 pm  | AquaFit 16+ | Indoor Pool (18.0m) | Harriet    |