

Group Exercise Timetable

Darrick Wood Swimming Pool

Accurate as of 29/09/2026

Times for Wednesday 30 September			
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