

Group Exercise Timetable

Darrick Wood Swimming Pool

Accurate as of 29/09/2026

Times for Thursday 1 October			
Time	Session	Facility	Instructor
9:15 am - 10:00 am	AquaFit 16+	Indoor Pool (18.0m)	Kelly
9:30 am - 10:30 am	Pilates	Small Hall	Mandy