

Group Exercise Timetable

Darrick Wood Swimming Pool

Accurate as of 29/09/2026

Times for Monday 5 October

Time	Session	Facility	Instructor
9:30 am - 10:15 am	AquaFit 16+	Indoor Pool (18.0m)	Kelly
9:30 am - 10:30 am	Aerobics	Small Hall	Cathy