


Brimham Nidderdale Class Timetable

Nidderdale Pool & Leisure Centre

Accurate as of 01/05/2024

| Times for Saturday 26 September | | |  |
|---------------------------------|--------------------------|-----------------------|---|
| Time | Session | Facility | |
| 09:00 - 10:00 | Swim fit | Indoor Pool (20.0m) | |
| 09:00 - 10:00 | Power Pilates | Main Hall | |
| 09:00 - 10:00 | Running Group. | Outdoor Running Route | |
| 10:15 - 11:15 | Running Group - Advanced | Outdoor Running Route | |
| 10:15 - 11:15 | Pilates | Main Hall | |