Swimming Timetable Newham Leisure Centre

Accurate as of 04/08/2025

Times for Wednesday 3 April			()
Time	Session	Facility	
06:00 - 09:00	Adult Lane Swimming	Main Pool	
12:05 - 12:50	Aqua Fit	Main Pool	
14:40 - 15:40	Adult Lane Swimming*	Main Pool	
19:30 - 21:30	Adult Lane Swimming	Main Pool	