

pool programme

Freedom Leisure Maidstone

Accurate as of 06/05/2024

Times for Monday 1 March



Time	Session	# Lanes
6:30 am - 11:00 am	Lane Swimming	
11:00 am - 11:45 am	Aqua Aerobics	
11:45 am - 9:30 pm	Lane Swimming	
12:30 pm - 3:30 pm	Puddle Ducks	