

# Heston Pool Timetable

## Heston Pool & Fitness

Accurate as of 17/05/2025

### Times for Friday 28 January



Time	Session	Facility
06:30 - 16:00	Adult Swim	Main Pool
09:00 - 12:00	Crash Course	Learner Pool
09:30 - 12:00	Schools	Main Pool
12:00 - 13:00	Aqua	Main Pool
12:00 - 15:30	General Swim	Learner Pool
13:00 - 15:15	Schools	Main Pool
16:00 - 19:00	Swim School	Main Pool
16:00 - 19:00	Swim School	Learner Pool
19:00 - 20:00	Adult Swim	Main Pool
20:00 - 21:30	Clubs	Main Pool