

# Heston Pool Timetable

## Heston Pool & Fitness

Accurate as of 18/05/2024

### Times for Monday 22 April



Time	Session	Facility
06:30 - 15:30	Lane Swim (adult only 16+)	Main Pool
12:00 - 12:45	Aqua	Main Pool
16:00 - 20:00	Lane Swim (adult only 16+)	Main Pool
20:00 - 21:00	Clubs	Main Pool
20:00 - 21:45	1 Lane Swim (adult only 16+)	Main Pool