

Heston Pool Timetable

Heston Pool & Fitness

Accurate as of 25/04/2024

Times for Thursday 25 April



Time	Session	Facility
06:30 - 09:00	Lane Swim (adult only 16+)	Main Pool
09:00 - 12:00	Adult Swim	Main Pool
12:00 - 15:30	Lane Swim (adult only 16+)	Main Pool
12:15 - 13:00	Aqua	Main Pool
16:00 - 19:00	General Swim	Main Pool
19:00 - 21:45	Lane Swim (adult only 16+)	Main Pool