

Heston Pool Timetable

Heston Pool & Fitness

Accurate as of 05/05/2024

Times for Monday 29 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