

Heston Pool Timetable

Heston Pool & Fitness

Accurate as of 18/05/2024

Times for Wednesday 1 May

Time	Session	Facility
06:30 - 15:30	Lane Swim (adult only 16+)	Main Pool
12:15 - 13:00	Aqua	Main Pool
19:00 - 21:00	Ladies Adult Only Session	Main Pool
20:00 - 20:45	Aqua Women Only	Main Pool
21:00 - 21:45	Lane Swim (adult only 16+)	Main Pool