

Swimming Pool Timetable

Institute Of Sport And Exercise

Accurate as of 20/05/2024

Times for Monday 13 May



Time	Session	Facility
07:00 - 09:00	Lane Swimming (4 lanes)	Swimming Pool
09:00 - 10:00	Half and Half	Swimming Pool
10:05 - 10:50	AL/S Aqua Exercise	Swimming Pool
11:00 - 12:00	Half and Half	Swimming Pool
12:00 - 18:00	Lane Swimming (4 lanes)	Swimming Pool
18:00 - 19:00	Half and Half	Swimming Pool
19:00 - 20:00	Closed	Swimming Pool
20:00 - 21:15	Half and Half	Swimming Pool