

# Class Timetable

## Diss Swim Centre

Accurate as of 14/05/2026

### Times for Friday 15 May



| Time          | Session    | Facility  |
|---------------|------------|-----------|
| 10:15 - 11:00 | Aqua Zumba | Main Pool |
| 11:00 - 11:45 | Aqua Fit   | Main Pool |