

Class Timetable

Diss Swim Centre

Accurate as of 19/07/2026

Times for Tuesday 14 July			
Time	Session	Facility	
08:15 - 09:00	Aqua Fit	Main Pool	
11:45 - 12:30	Aqua Zumba	Main Pool	
18:00 - 19:00	Junior Swim Fit	Main Pool	
18:00 - 19:00	Swim Fit	Main Pool	
19:15 - 20:00	Aqua Zumba	Main Pool	