

# Class Timetable

## Diss Swim Centre

Accurate as of 17/09/2026

Times for Tuesday 22 September



| 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 |