

# Mounts Baths Swimming Timetable

## Mounts Baths Leisure Centre

Accurate as of 04/05/2024

### Times for Monday 29 April



Time	Session	Facility
07:00 - 08:00	11+ Fitness Swim	Main Pool 30m
08:15 - 09:15	11+ Fitness Swim	Main Pool 30m
09:30 - 10:15	Aqua Aerobics 14+	Main Pool 30m
10:30 - 11:30	50+ Fitness Swim	Main Pool 30m
11:00 - 12:30	Trilogy Swim School	Toddler Pool 20m
11:45 - 13:00	11+ Fitness Swim	Main Pool 30m
13:15 - 14:15	Ladies Only Swim 16+	Main Pool 30m
14:30 - 15:45	11+ Fitness Swim	Main Pool 30m
16:00 - 19:00	Trilogy Swim School	Toddler Pool 20m
16:00 - 20:00	Trilogy Swim School	Main Pool 30m
16:00 - 20:00	General Swim Peak (shared with lessons)	Main Pool 30m
20:00 - 21:00	11+ Fitness Swim	Main Pool 30m