

Pendle Wavelengths Swimming & Fitness Classes

Pendle Wavelengths

Accurate as of 19/04/2026

Times for Monday 6 August



| Time | Session | Facility |
|---------------|-----------------------------|----------------------|
| 07:00 - 08:30 | Early Birds (Adult Only) | Leisure Pool (25.0m) |
| 07:00 - 22:00 | Gym Open Session | Gym |
| 09:00 - 10:00 | Exercise for Health Class | Leisure Pool (25.0m) |
| 10:30 - 18:00 | Public Swimming | Leisure Pool (25.0m) |
| 12:15 - 13:00 | Aero Circuits | Dance Studio / Hall |
| 13:45 - 14:45 | Iyenga Yoga | Dance Studio / Hall |
| 15:30 - 16:15 | Zig Zag Dance Mat Fever | Dance Studio / Hall |
| 16:00 - 18:00 | Private Swimming Lessons | Leisure Pool (25.0m) |
| 16:15 - 17:00 | Zig Zag Wild Wall Circuits | Dance Studio / Hall |
| 17:15 - 17:45 | Ab Blast | Dance Studio / Hall |
| 18:00 - 18:50 | Pump Start | Dance Studio / Hall |
| 18:00 - 18:50 | Roc-It Revolution | Gym |
| 18:00 - 20:30 | Nelson Swimming Club | Leisure Pool (25.0m) |
| 19:00 - 19:45 | Beginners Roc-It Revolution | Gym |
| 19:00 - 19:50 | Body Rock | Dance Studio / Hall |
| 20:00 - 20:45 | Beginners Roc-It Revolution | Gym |