

Pendle Wavelengths Swimming & Fitness Classes

Pendle Wavelengths

Accurate as of 19/04/2026

Times for Tuesday 7 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	Adult Only Swimming	Leisure Pool (25.0m)
10:00 - 10:50	Aerotone	Dance Studio / Hall
10:00 - 19:00	Public Swimming	Leisure Pool (25.0m)
12:15 - 13:00	Core Stability	Dance Studio / Hall
16:00 - 18:30	Private Swimming Lessons	Leisure Pool (25.0m)
16:15 - 17:00	Teen Box	Dance Studio / Hall
17:05 - 17:50	Zig Zag Active Fitness / Blast Circuits	Dance Studio / Hall
18:00 - 18:50	Bums & Tums	Dance Studio / Hall
18:05 - 18:50	Teen Roc-It Revolution	Gym
19:00 - 19:50	Zumba	Dance Studio / Hall
19:00 - 19:50	Roc-It Revolution	Gym
19:00 - 19:55	Aqua Zumba	Leisure Pool (25.0m)
20:00 - 20:50	Boxercise	Dance Studio / Hall