

Pendle Wavelengths Swimming & Fitness Classes

Pendle Wavelengths

Accurate as of 19/04/2026

Times for Wednesday 8 August



Time	Session	Facility
07:00 - 22:00	Gym Open Session	Gym
09:00 - 09:30	Ladies Only Aquarhythmics	Leisure Pool (25.0m)
09:30 - 10:00	Ladies Only Swim	Leisure Pool (25.0m)
10:00 - 10:50	Tai Chi	Dance Studio / Hall
10:30 - 19:00	Public Swimming	Leisure Pool (25.0m)
12:15 - 13:00	Legs, Bums & Tums	Dance Studio / Hall
13:15 - 14:15	Zumba	Dance Studio / Hall
16:00 - 18:30	Private Swimming Lessons	Leisure Pool (25.0m)
16:10 - 17:10	Junior Taekwondo	Dance Studio / Hall
17:15 - 17:45	Flat Abs	Dance Studio / Hall
18:00 - 18:50	Pump Start	Dance Studio / Hall
18:00 - 18:50	Roc-It Revolution	Dance Studio / Hall
19:00 - 19:50	Step & Tone	Dance Studio / Hall
19:00 - 20:00	Adult Only Swimming	Leisure Pool (25.0m)
20:00 - 21:00	Yoga	Dance Studio / Hall