

Pendle Wavelengths Swimming & Fitness Classes

Pendle Wavelengths

Accurate as of 19/04/2026

Times for Friday 10 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	Female Only	Leisure Pool (25.0m)
09:00 - 10:00	Mums & Babies	Leisure Pool (25.0m)
10:00 - 10:50	Aerotone	Dance Studio / Hall
10:30 - 11:30	Exercise for Health Class	Leisure Pool (25.0m)
12:00 - 20:00	Public Swimming	Leisure Pool (25.0m)
12:15 - 13:00	Pump Start	Dance Studio / Hall
13:00 - 13:50	Core Stability	Dance Studio / Hall
16:00 - 20:00	Private Swimming Lessons	Leisure Pool (25.0m)
16:15 - 17:15	Junior Circuits	Dance Studio / Hall
17:30 - 18:20	Aeropump	Dance Studio / Hall
18:05 - 18:50	Junior Roc-It Circuit	Gym
19:00 - 19:50	Teen Roc-It Circuits	Gym