

Pendle Wavelengths Swimming & Fitness Classes

Pendle Wavelengths

Accurate as of 14/05/2026

Times for Tuesday 24 March



| Time | Session | Facility |
|---------------|-----------------------------------------|----------------------|
| 06:00 - 22:00 | Gym Open Session | Gym |
| 07:00 - 08:30 | Early Birds (Adult Only) | Leisure Pool (25.0m) |
| 07:15 - 07:45 | Group Fitness | Gym |
| 09:00 - 12:15 | School Swimming | Leisure Pool (25.0m) |
| 10:00 - 10:50 | Aerotone | Dance Studio / Hall |
| 12:00 - 13:00 | Core Stability | Dance Studio / Hall |
| 12:30 - 19:00 | Public Swimming | Leisure Pool (25.0m) |
| 13:30 - 14:00 | Aquababes 0 - 15 months | Leisure Pool (25.0m) |
| 14:00 - 14:30 | Aquababes 15 months - 3 years | Leisure Pool (25.0m) |
| 14:30 - 15:15 | Adult Lessons | Leisure Pool (25.0m) |
| 16:00 - 18:00 | Gym Open Session | Junior Gym |
| 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 | Junior Gym |
| 17:15 - 17:45 | Team Core | Dance Studio / Hall |
| 18:00 - 18:30 | Kettlebell Blast | Junior Gym |
| 18:00 - 18:50 | Bums & Tums | Dance Studio / Hall |
| 18:45 - 19:15 | Cycle Blast | Junior Gym |
| 19:00 - 19:50 | Zumba | Dance Studio / Hall |
| 20:00 - 20:50 | Boxercise | Dance Studio / Hall |

Time

Session

Facility

20:00 - 22:00

Canoe Club

Leisure Pool (25.0m)