

Pendle Wavelengths Swimming & Fitness Classes

Pendle Wavelengths

Accurate as of 14/05/2026

Times for Sunday 29 March



| Time | Session | Facility |
|---------------|---|----------------------|
| 08:00 - 09:00 | Early Birds (Adult Only) | Leisure Pool (25.0m) |
| 08:00 - 17:30 | Gym Open Session | Gym |
| 09:00 - 12:15 | Private Swimming Lessons | Leisure Pool (25.0m) |
| 09:00 - 17:30 | Public Swimming | Leisure Pool (25.0m) |
| 09:15 - 10:15 | Group Power | Dance Studio / Hall |
| 10:30 - 11:30 | Piloxing | Dance Studio / Hall |
| 11:00 - 17:00 | Gym Open Session | Junior Gym |
| 11:45 - 12:45 | Freestyle HIIT | Dance Studio / Hall |
| 13:00 - 13:45 | Zig Zag Dance Mat Fever | Dance Studio / Hall |
| 14:00 - 14:45 | Available for Zig Zag DanceActive Parties | Dance Studio / Hall |
| 15:00 - 15:45 | Zig Zag Dance Mat Fever | Dance Studio / Hall |
| 16:00 - 16:45 | Available for Zig Zag DanceActive Parties | Dance Studio / Hall |
| 17:00 - 18:00 | Group Centergy | Dance Studio / Hall |
| 18:00 - 20:00 | Female Only (children Permitted) | Leisure Pool (25.0m) |
| 18:00 - 20:00 | Female Only | Gym |