



PARK POOL

CLASS TIMETABLE

MON

06:15: Virtual RPM
07:15: Virtual RPM
08:15: Body Pump
11:45: Pilates
14:00: Virtual Sprint
16:45: Virtual Trip
18:00: Virtual RPM
19:00: Virtual RPM
20:00: Virtual RPM

TUE

06:15: Virtual RPM
07:15: Virtual RPM
08:15: Virtual Trip
08:45: Aqua
09:45: Pilates
10:45: Legs, Bums & Tums
14:00: Virtual Sprint
16:45: Virtual Trip
18:00: Virtual RPM
19:00: Virtual RPM
20:00: Virtual RPM

WED

06:15: Virtual RPM
07:15: Virtual RPM
08:15: Pilates
14:00: Virtual Sprint
18:00: Pilates
20:00: Virtual RPM

THU

06:15: Virtual RPM
07:15: Virtual RPM
08:15: Virtual Trip
14:00: Virtual Sprint
16:45: Virtual Trip
18:00: Virtual RPM
19:00: Virtual RPM
20:00: Virtual RPM

FRI

06:15: Virtual RPM
07:15: Virtual RPM
08:15: Virtual Trip
08:45: Aqua
09:45: Step
14:00: Virtual Sprint
16:45: Virtual Trip
18:00: Virtual RPM
19:00: Virtual RPM

SAT SUN

11:30: Virtual Trip
13:00: Virtual RPM
14:00: Virtual RPM

11:30: Virtual Trip
13:00: Virtual RPM
14:00: Virtual RPM

MON
UP
SIGN



PARK POOL

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WELL