



PARK POOL

CLASS TIMETABLE

MON

08:15 Pump
09:10 HIIT
10:00 Total Tone
11:45 Pilates

TUE

08:45 Aqua
09:45 Pilates
10:45 LBT
17.30 LBT
18.30 Aqua

WED

08:15 Pilates
10:30 Total Tone
18:00 Pilates

THU

FRI

08:45 Aqua
09:45 Step

**SAT
SUN**

SIGN UP NOW



PARK POOL

Park Road, **L39 3BY**
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WELL