



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
11.20 LBT
18:00 Pilates

THU

17:15 Hiit
18:05 Pump

FRI

08:45 Aqua
09:45 Step

**SAT
SUN**

SIGN UP NOW



PARK POOL

Park Road, **L39 3BY**
01695 583381 | westlancsleisure.co.uk



WELL