

# HORNCastle POOL & FITNESS SUITE

## Fitness and Pool Programme

21st - 27th December

	<u>MONDAY 21</u>		<u>TUESDAY 22</u>		<u>WEDNESDAY 23</u>		<u>THURSDAY 24</u>		<u>FRIDAY 25</u>		<u>SATURDAY 26</u>		<u>SUNDAY 27</u>		
	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	
6am															6am
7am															7am
8am	Lane Swimming (7.15am)	Fitness Session	Lane Swimming (7.15am)	Fitness Session	Lane Swimming (7.15am)	Fitness Session	Lane Swimming (7.15am)	Fitness Session							8am
9am	Lane Swimming (8.45am)	Fitness Session		Fitness Session		Fitness Session		Fitness Session							9am
10am		Fitness Session	General Swim (9.30am)	Fitness Session	General Swim (9am)	Fitness Session	General Swim (9am)	Fitness Session							10am
11am															11am
12pm															12pm
1pm															1pm
2pm															2pm
3pm															3pm
4pm															4pm
5pm	Swim Lessons	Fitness Session	Swim Lessons	Fitness Session	General Swim (4.15pm)	Fitness Session									5pm
6pm	Rookie Lifeguard	Fitness Session		Fitness Session		Fitness Session									6pm
7pm	Lane Swimming (6.30pm)		General Swim (6.30pm)	Fitness Session	Lane Swimming (5.45pm)	Fitness Session									7pm
8pm															8pm
9pm															9pm

All fitness sessions MUST be pre-booked online using our booking online system.

Please do not turn up without a pre-arranged booking.

Please don't forget if you are unable to attend a session please cancel via our booking online system.

# HORNCastle POOL & FITNESS SUITE

## Fitness and Pool Programme

28th December - 3rd January 2021

	<u>MONDAY 28</u>		<u>TUESDAY 29</u>		<u>WEDNESDAY 30</u>		<u>THURSDAY 31</u>		<u>FRIDAY 1</u>		<u>SATURDAY 2</u>		<u>SUNDAY 3</u>		
	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	
6am															6am
7am															7am
8am					Lane Swimming (7.15am)	Fitness Session									8am
9am			Lane Swimming (8.30am)	Fitness Session		Fitness Session	Lane Swimming (8.15am)	Fitness Session				Fitness Session	Lane Swimming (8.15am)	Fitness Session	9am
10am				Fitness Session	General Swim (9.30am)	Fitness Session		Fitness Session	Swim Lessons	Fitness Session		Fitness Session	General Swim (10.30am)	Fitness Session	10am
11am												Fitness Session			11am
12pm															12pm
1pm															1pm
2pm															2pm
3pm															3pm
4pm															4pm
5pm			Swim Lessons	Fitness Session		Fitness Session									5pm
6pm				Fitness Session	Swim Lessons	Fitness Session									6pm
7pm			General Swim (6.15pm)	Fitness Session		Fitness Session									7pm
8pm															8pm
9pm															9pm

All fitness sessions MUST be pre-booked online using our booking online system.

Please do not turn up without a pre-arranged booking.

Please don't forget if you are unable to attend a session please cancel via our booking online system.