

# FEMALE ONLY SESSIONS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pendle Wavelengths</b> Nelson	<b>Gym</b> (in Jnr Gym) 9am - 4pm 7pm - 9pm	<b>Up &amp; Active Class</b> Exercise & Weight Management 11am - 1pm  <b>Gym</b> (in Jnr Gym) 9am - 10.30am 7pm - 9pm	<b>Aquarhythmics</b> 12.30pm - 1.30pm (Term time only) ⬠  <b>Gym</b> (in Jnr Gym) 9am - 4pm 7pm - 9pm	<b>Gym</b> (in Jnr Gym) 9am - 4pm 7pm - 9pm	<b>Swim</b> 9am - 10am ★  <b>Gym</b> (in Jnr Gym) 9am - 4pm 7pm - 9pm	<b>Gym</b> (in Jnr Gym) 9am - 11am	<b>Gym</b> (in Jnr Gym) 9am - 11am  <b>Swim &amp; Gym</b> 6 pm - 8pm ▲
<b>Inside Spa</b> Nelson		<b>Spa Wellness Experience</b> 4pm - 9pm ⬠			<b>Spa Wellness Experience</b> 9am - 11am ⬠		<b>Spa Wellness Experience</b> 4pm - 7pm ⬠
<b>Pendle Leisure Centre</b> Colne			<b>Swim</b> 7pm - 9pm ⬠ <b>Aquarhythmics</b> 7pm - 8pm ⬠				
<b>West Craven Sports Centre</b> Barnoldswick	<b>Swim</b> 8.30pm - 9.30pm ⬠						

⬠ Adult Only Sessions      ★ Babies & Toddlers allowed in session      ▲ Girls of all ages & boys under 8 years allowed in SWIM session

PLEASE NOTE: All Ladies Only gym sessions in the Junior Gym at Pendle Wavelengths will be subject to change during holiday periods. Terms & conditions apply.