

FEMALE ♀ ONLY SESSIONS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pendle Wavelengths Nelson	Gym (in Jnr Gym) 9am - 4pm 7pm - 9pm	Up & Active Class Exercise & Weight Management 11am - 1pm Gym (in Jnr Gym) 9am - 10.30am 7pm - 9pm	Aquarhythmics 12.30pm - 1.30pm (Term time only) ⬠ Gym (in Jnr Gym) 9am - 4pm 7pm - 9pm	Gym (in Jnr Gym) 9am - 4pm 7pm - 9pm	Swim 9am - 10am ★ Gym (in Jnr Gym) 9am - 4pm 7pm - 9pm	Gym (in Jnr Gym) 9am - 11am	Gym (in Jnr Gym) 9am - 11am Swim & Gym 6pm - 8pm ▲
Inside Spa Nelson		Spa Wellness Experience 4pm - 9pm ⬠			Spa Wellness Experience 9am - 11am ⬠		Spa Wellness Experience 4pm - 7pm ⬠
Pendle Leisure Centre Colne			Swim 7pm - 9pm ⬠ Aquarhythmics 7.25pm - 8.25pm ⬠				
West Craven Sports Centre Barnoldswick	Swim 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.