

# FEMALE ONLY SESSIONS

(Temporary Timetable - until 21 June 2021)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pendle Wavelengths</b> Nelson	<b>Gym</b> (in Jnr Gym) 7am - 4pm 7pm - 9pm	<b>Gym</b> (in Jnr Gym) 7am - 4pm 7pm - 9pm	<b>Aquarhythmics</b> 12.30pm - 1.30pm <i>(Term Time only)</i> ● <b>Gym</b> (in Jnr Gym) 7am - 9.30am 12pm - 4pm 7pm - 9pm	<b>Gym</b> (in Jnr Gym) 7am - 4pm 7pm - 9pm	<b>Swim</b> ★ 9.15am - 10am <b>Mums &amp; Babies</b> 9.15am - 10am <b>Gym</b> (in Jnr Gym) 7am - 4pm 8pm - 9pm	<b>Gym</b> (in Jnr Gym) 9am - 11am	<b>Gym</b> (main) 6pm - 7pm  <b>Swim</b> 6pm - 7.15pm ▲
<b>Inside Spa</b> Nelson					<b>Spa Wellness Experience</b> 10am - 12pm ●		<b>Spa Wellness Experience</b> 4pm - 6pm ●
<b>Pendle Leisure Centre</b> Colne			<b>Aquarhythmics</b> 7.25pm - 8.25pm ●				
<b>West Craven Sports Centre</b> Barnoldswick							<b>STAY ALERT</b> <b>CONTROL THE VIRUS</b> <b>SAVE LIVES</b>

● 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.