



# Eyemouth Leisure Centre

## MAIN POOL TIMETABLE

Monday 23 September

Time	Activity
Monday	
10:00 - 10:45	Aqua Zumba
11:00 - 12:00	Exercise Rehab
Tuesday	
18:00 - 18:45	Aqua H.I.I.T
Wednesday	
11:00 - 12:00	Exercise Rehab
19:00 - 20:00	Aqua Circuits
Thursday	
17:00 - 18:00	Aqua Jogging
Friday	
10:00 - 10:45	Aquafit
18:00 - 19:00	Fun Session
Saturday	
13:00 - 14:00	Fun Session
Sunday	
13:00 - 14:00	Fun Session