

PETERBOROUGH LIDO - CLASS TIMETABLE

MONDAY

Time	Class	Location	Instructor
09:15 - 10:00	Tai Chi (starts 25/05)	Balcony	Jenny
10:10 - 10:55	Aqua Zumba	Main Pool	Jenny

TUESDAY

Time	Class	Location	Instructor
19:30 - 20:15	Hydro Burn (starts 26/05)	Main Pool	Olga

WEDNESDAY

Time	Class	Location	Instructor
07:15 - 08:15	Boot Camp (starts 27/05)	Grass	Duncan
09:30 - 10:15	Aqua Deep (starts 27/05)	Main Pool	Olga

THURSDAY

Time	Class	Room	Instructor
12:00 - 12:45	Aqua Fit (starts 28/05)	Main Pool	Sandra
18:30 - 19:30	Swim Fit (starts 28/05)	Main Pool	Swim Instructor

FRIDAY

Time	Class	Room	Instructor
07:15 - 08:15	Poolside Yoga	Balcony	Laura
12:00 - 12:45	Aqua Deep (starts 29/05)	Main Pool	Sandra

Updated Apr26

If you book a fitness class and are unable to attend, please make sure you cancel the booking so that the space can be made available to somebody else. Failure to cancel a class booking may result in a 7 day booking ban.