

Enhanced Access Timetable

Goldenstones Leisure Centre



- Swimming
- Classes
- Appointments
- Gym

	Monday	Tuesday	Wednesday	Thursday	Friday	
18:15-18:30	Open Swim	Supervised Gym Goldenstones	Open Swim	Supervised Gym Session	Open Swim	
18:30-18:45						
18:45-19:00						
19:00-19:15	This Girl Can Class	Menofit Course	1-to-1 Appointments	Stretch Class	Supervised Gym	
19:15-19:30						
19:30-19:45	1-to-1 Appointment	1-to-1 Appointment		1-to-1 Appointment	1-to-1 Appointment	1-to-1 Appointment
19:45-20:00						
20:00-20:15						
20:15-20:30	Aqua Fit Class	1-to-1 Appointment	Aqua Fit Class	Aqua Fit Class	1-to-1 Appointment	
20:30-21:00						