

# Enhanced Access Timetable Wellington Sports Centre

## Saturday Timetable

07:30 – 08:30

Lane Swim

08.45–09.30

Rejuvenate Class – mindful movement

09.30–10.30

Supervised Gym session

12.30–13.30

Family Swim

14:00–14.45

Goodboost Class – improve mobility, reduce pain

17:00–17.45

Open Swim

