



Pulse 8 Health & Fitness Club



Pool Timetables

Spa Pool Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA 10:15 - 10:45 Half Pool Available	PRIVATE PHYSIO 9:30 - 12:00 Half Pool Available	AQUA 9:15 - 9:45 Half Pool Available	AQUA 10:15 - 10:45 Half Pool Available	AQUA 10:15 - 10:45 Half Pool Available	FAMILY FUN 8:15 - 9:00 Pool Unavailable	FAMILY FUN 8:15 - 9:00 Pool Unavailable
PRIVATE PHYSIO 11:00 - 13:00 Half Pool Available	AQUA 13:15 - 13:45 Half Pool Available	AQUA 10:15 - 10:45 Half Pool Available	PRIVATE PHYSIO 11:00 - 13:00 Half Pool Available	AQUA 12:45 - 13:15 Half Pool Available	SWIM SCHOOL 9:00-10:30 Pool Unavailable	SWIM SCHOOL 9:00 - 11:00 Pool Unavailable
AQUA 13:15 - 13:45 Half Pool Available	PRIVATE PHYSIO 14:00 - 16:00 Half Pool Available	SWIM SCHOOL 14:00 - 17:30 Pool Unavailable	AQUA 13:30 - 14:00 Half Pool Available	SWIM SCHOOL 13:30 - 14:30 Half Pool Available	FAMILY FUN 10:30 - 11:15 Pool Unavailable	AQUA 11:15 - 11:45 Half Pool Available
SWIM SCHOOL 14:00 - 15:00 Half Pool Available	PRIVATE PHYSIO 18:00 - 21:00 Half Pool Available	AQUA 19:15 - 19:45 Half Pool Available	PRIVATE PHYSIO 14:15 - 17:45 Half Pool Available	SWIM SCHOOL 15:30 - 17:30 Pool Unavailable	SWIM SCHOOL 11:15-13:15 Pool Unavailable	
SWIM SCHOOL 15:30 - 17:30 Half Pool Available		AQUA 20:00 - 20:30 Half Pool Available	AQUA 19:15 - 19:45 Half Pool Available		FAMILY FUN 13:15 - 14:00 Pool Unavailable	
PRIVATE PHYSIO 18:30 - 22:00 Half Pool Available					PRIVATE PHYSIO 14:00 - 18:00 Half Pool Available	

Sauna and Steam Rooms are available at all times • Half Pool Available: An activity will be running in the Spa Pool but half the pool will still be available for general spa use • Please note: Aqua classes must be booked at Reception a maximum of 6 days in advance

KEY	Aqua	Private Physio	Swim School	Family Fun
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Swim School Timetable

MONDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
2.00 - 2.30pm BABY WORLD	2.00-2.30pm BABY WORLD TODDLER WORLD	1.30-2.30pm TODDLER WORLD	8.15-9.00am FAMILY FUN	8.15-9.00am FAMILY FUN
2.30-3.00pm TODDLER WORLD	2.30-3.00pm TODDLER WORLD TURTLES	2.00-2.30pm BABY WORLD	9.00-9.30am BABY WORLD ALLIGATORS	9.00am-9.30am TODDLER WORLD TURTLES
3.30-4.00pm TURTLES	3.00-3.30pm BABY WORLD TURTLES	3.30-4.00pm TODDLER WORLD TURTLES	9.30-10.00am TODDLER WORLD TURTLES	9.30-10.00am BABY WORLD ALLIGATORS
4.00-4.30pm TURTLES	4.00-4.30pm ALLIGATORS MARLINS	4.00-4.30pm TURTLES MARLINS	10.00-10.30am TODDLER WORLD MARLINS	10.00-10.30am TURTLES MARLINS
4.30-5.00pm ALLIGATORS	4.30-5.00pm ALLIGATORS MARLINS	4.30-5.00pm ALLIGATORS MARLINS	10.30-11.15am FAMILY FUN	10.30-11.00am TODDLER WORLD TURTLES
5.00-5.30pm SHARKS	5.00-5.30pm SHARKS DOLPHINS	5.00-5.30pm SHARKS DOLPHINS	11.15-11.45am ALLIGATORS SHARKS	
			11.45-12.15pm TODDLER WORLD TURTLES	
			12.15-12.45pm TURTLES MARLINS	
			12.45-1.15pm SHARKS DOLPHINS	
			1.15-2.00pm FAMILY FUN	

To join our waiting lists, download an application form or for more information, please [click here](#).