



Odstock Health and Fitness, Pool timetables

Contact us: 01722 425085
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Main Pool	07	08	09	10	11	12	13	14	15	16	17	18	19	20
Monday	Length Swimming		Swimming Lesson	Private John M	AquaFit	NHS Staff	Adults	Staff Training	Adults	Swim Lesson	Length Swimming	AquaFit	Open Session	
Tuesday	Length Swimming		Open Session		Starlight	NHS Staff	Swimming Lessons		Open	Swimming Lessons		Open Session		
Wednesday	Length Swimming		Open Session		AquaFit	NHS Staff	Adults		Open	Swimming Lessons		AquaFit	Adults	
Thursday	Length Swimming		Open Session		Private Ossies	NHS Staff	Swimming Lessons		Open	Swimming Lessons		Adults	Open	
Friday	Length Swimming		Open Session		Pool Clean	NHS Staff	Adults	Well Being group	Adults	Swimming Lessons		Open Session		
Saturday				Swimming Lessons			Pool Party		Open Session					
Sunday				Adults		FamilyFuntime Advance booking		Pool Party / private		Open Session				

Small Pool	07	08	09	10	11	12	13	14	15	16	17	18	19	20
Monday	Open Session		Swimming Lessons		Open Session		Staff Training	Open Session	Swimming Lessons		Open Session			
Tuesday	Open Session		Swimming Lessons		Open Session	Swimming Lessons	Open	Swimming Lessons	Open Session		Open Session			
Wednesday	Open Session		Swimming Lessons		Open	Swimming Lessons	Pool Clean	Open	Swimming Lessons		Open Session			
Thursday	Open Session		Swimming Lessons		Open Session	Swimming Lessons	Open	Swimming Lessons	Open Session		Open Session			
Friday	Open Session		Swimming Lessons		Swimming Lessons		Well Being	Open	Swimming Lessons		Open Session			
Saturday			Swimming Lessons				Pool Party		Open Session					
Sunday			Open		Family Funtime Advance booking		Pool Party / private		Open Session					

Contact reception to book into Aqua classes, Family Funtime and Pool Parties 01722 425085