



bstfitness

pool timetable

2018/19

Mon	member swimming 06.30 - 09.15		 AquaZumba@ 09.15 - 10.00	member swimming 10.00 - 16.00		bstswimschool 16.00 - 18.00	member swimming 18.00 - 18.30	 AquaHIIT 18.30 - 19.15	member swimming 19.15 - 21.30
Tue	member swimming 06.30 - 10.00		bstswim school 10.00 - 12.00 <small>One lane open for member swimming</small>	member swimming 12.00 - 16.00		bstswimschool 16.00 - 18.00	member swimming 18.00 - 19.15	 AquaFit 19.15 - 20.00	member swimming 20.00 - 21.30
Wed	member swimming 06.30 - 16.00					bstswimschool 16.00 - 18.00	member swimming 18.00 - 21.30		
Thur	member swimming 06.30 - 16.00					bstswimschool 16.00 - 18.00	member swimming 18.00 - 19.15	 AquaFit 19.15 - 20.00	member swimming 20.00 - 21.30
Fri	member swimming 06.30 - 12:30		 AquaFit 12.30 - 13.15	member swimming 13.15 - 16.00		bstswimschool 16.00 - 18.00	member swimming 18.00 - 21.30		
Sat	closed	member swimming 08.00 - 09.00	bstswimschool 09.00 - 12.30	bst private lessons 12.30 - 14.00 <small>One lane open for member swimming</small>	member swimming 14:00 - 18.30			closed	
Sun	closed	member swimming 08.00 - 18.30						closed	

bank holiday hours may vary, and can be found online at mybst.org

please refer to the pool rules and etiquette signs