



6th January - 23rd February 2025

Address: Elswick Community Pool and Gym, NE4 6RS. Tel: 0191 481 4101 Email: info@elswickpool.co.uk

Gym Timetable

Monday

06:00 - 08:45 Open Normal
09:00 - 11:00 Ladies Only
11:00 - 21:30 Open Normal

Tuesday

06:00 - 19:00 Open Normal
19:00 - 21:00 Male Only

Wednesday/ Thursday

06:00 - 21:00 Open Normal

Friday

06:00 - 19:00 Open Normal
19:15 - 20:45 Ladies Only

Saturday

08:00 - 17:30 Open Normal

Sunday

08:00 - 15:00 Open Normal

Fitness Class Timetable

Monday

09:00 - 09:45 Aquafit (Ladies only)
10:15 - 11:15 Yogilates (Ladies Only)
11:30 - 12:30 Yoga
20:05 - 20:50 Aquafit

Tuesday

09:30 - 10:15 Zumba (Ladies only)
10:15 - 11:00 Legs, Bums and Tums (Ladies only)
11:00 - 12:00 Walking Group
18:30 - 19:30 Pilates

Wednesday

09:30 - 10:30 Yogilates
10:45 - 11:45 Yoga
18:00 - 19:00 Yoga
19:00 - 19:45 Aquafit
19:45 - 20:30 Deep Water Aquafit

Thursday

09:30 - 10:30 Pilates
10:00 - 10:45 Aquafit
10:45 - 11:30 Deep Water Aquafit
11:00 - 12:00 Walking Group

Friday

09:30 - 10:30 Yoga
19:20 - 20:20 Ladies Pilates

Saturday

10:00 - 11:00 Yoga

Sunday

14:00 - 15:00 Yoga