

Waltham Forest Feel Good Centre - Main Pool

		06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30
Monday	Lane 1	Clubs						Schools					Swim Dr	Schools							Lessons									Clubs			
	Lane 2																																
	Lane 3																																
	Lane 4																																
	Lane 5	Swim for fitness																															
	Lane 6																																
	Lane 7																																
	Lane 8																										Clubs						

		06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30											
Tuesday	Lane 1	Swim for fitness						Schools								Schools			Swim for fitness						Lessons								Clubs											
	Lane 2																																											
	Lane 3							Swim for fitness						Schools													Schools			Swim for fitness						Lessons						Clubs		
	Lane 4																																											
	Lane 5	Swim for fitness						Aqua Aerobics		Swim for fitness																																		
	Lane 6																																											
	Lane 7																																											
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		06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	
Wednesday	Lane 1	Clubs				Swim Dr		Schools						Swim Dr	Schools								Lessons											
	Lane 2																																	
	Lane 3	Swim for fitness																																
	Lane 4																																	
	Lane 5																																	
	Lane 6																																	
	Lane 7																																	
	Lane 8		Clubs																															

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Thursday	Lane 1							Schools								Schools						Lessons												Clubs	
	Lane 2																																		
	Lane 3																																		
	Lane 4																																		
	Lane 5	Swim for fitness												Aqua Aerobics		Swim for Fitness																			
	Lane 6																																		
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Friday	Lane 1					Swim Dr	Schools										Schools								Lessons								Closed	
	Lane 2																																	
	Lane 3																																	
	Lane 4																																	
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Saturday	Lane 1	Closed					Lessons								Dive for all & Swim for all									Lessons				Closed					
	Lane 2																																
	Lane 3																																
	Lane 4																																
	Lane 5	Swim for fitness																															
	Lane 6																																
	Lane 7																																
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Sunday	Lane 1	Closed					Lessons								Swim for all									Lessons			Closed						
	Lane 2																																
	Lane 3																																
	Lane 4																																
	Lane 5																																
	Lane 6																																
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