

Swimming Pool Timetable

(All Classes Must Be Booked In Advance)

Tel: 057 86 95050

Email: healthclub@theheritage.com www.theheritage.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adults Only 6:30AM – 9AM	Adults Only 6:30AM – 9AM	Adults Only 6:30AM – 9AM	Adults Only 6:30AM – 9AM	Adults Only 6:30AM – 9AM	Adults Only 8AM – 9AM	Adults Only 8AM – 9AM
Residents and Members 9AM – 10:30AM	Residents and Members 9AM – 12PM	Residents and Members 9AM – 10:30AM	Residents and Members 9AM – 12PM	Residents and Members 9AM – 10:30AM	Residents and Members 9AM – 12PM	Residents and Members 9AM – 12PM
Aqua Aerobics 10:30AM – 11:15AM		Aqua Aerobics 10:30AM – 11:15AM		Aqua Aerobics 10:30AM – 11:15AM		
Residents and Members 11:15AM -12PM		Residents and Members 11:15AM -12PM		Residents and Members 11:15AM -12PM		
Adults Only 12PM – 2PM	Adults Only 12PM – 2PM	Adults Only 12PM – 2PM	Adults Only 12PM – 2PM	Adults Only 12PM – 2PM	Adults Only 12PM – 2PM	Adults Only 12PM – 2PM
Residents and Members 2PM – 6PM	Residents and Members 2PM – 6PM	Residents and Members 2PM – 6PM	Residents and Members 2PM – 6PM	Residents and Members 2PM – 6PM	Residents and Members 2PM -6PM	Residents and Members 2PM – 6PM
Adults Only 6PM – 9:30PM	Adults Only 6PM – 9:30PM	Adults Only 6PM – 9:30PM	Adults Only 6PM – 9:30PM	Adults Only 6PM – 9:30PM	Adults Only 6PM – 7PM	Adults Only 6PM – 8PM