

# pool & health suite

programme

**Aquatec**  
**01698 332828**

*Contact AccessNL for unlimited use of*  
Swimming  
Health Suites  
Gyms  
Fitness Studios  
and classes throughout North Lanarkshire

01236 442644  
accessnl@nleisure.co.uk

**SWIM**  
**NL**  
**LEISURE**



**join**  
**today!**

Supported by



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am -7am							
7am -8am							
8am -9am							
9am -10am							
10am -11am							
11am -noon							
noon -1pm							
1pm -2pm							
2pm -3pm							
3pm -4pm							
4pm -5pm							
5pm -6pm							
6pm -7pm							
7pm -8pm							
8pm -9pm							
9pm -10pm							

## health suite programme

<b>Monday</b>	9.00am – 4.00pm	Mixed
	4.00pm – 10.00pm	Gents
<b>Tuesday</b>	10.00am – 10.00pm	Ladies
<b>Wednesday</b>	9.00am – 10.00pm	Mixed
<b>Thursday</b>	10.00am – 10.00pm	Mixed
<b>Friday</b>	9.00am – 10.00pm	Mixed
<b>Saturday</b>	10.00am – 8.00pm	Mixed
<b>Sunday</b>	10.00am – 10.00pm	Mixed

- club- closed to public
- restricted to certain groups
- pool closed
- lessons- areas restricted
- club- lanes restricted

**Aquatec**  
**1 Menteith Road**  
**Motherwell ML1 1AZ**  
**01698 332828**