

# pool & health suite

programme



## John Smith Pool

01236 750130

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

01236 442644

[accessnl@nlleisure.co.uk](mailto:accessnl@nlleisure.co.uk)



**join  
today!**

Supported by



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am -7am							
7am -8am							
8am -9am	Aqua Aerobics						
9am -10am				Aqua Aerobics			
10am -11am							
11am -noon							
noon -1pm							
1pm -2pm		Aqua Aerobics					
2pm -3pm							
3pm -4pm	Aqua Natal						Hope Autism Group
4pm -5pm							
5pm -6pm							
6pm -7pm							
7pm -8pm							
8pm -9pm		Adults Only		Adults Only			
9pm -10pm		Adults Only		Adults Only			

## health suite programme

<b>Monday</b>	8.00am – 10.00pm	Mixed
<b>Tuesday</b>	8.00am – 10.00pm	Mixed
<b>Wednesday</b>	8.00am – 10.00pm	Mixed
<b>Thursday</b>	8.00am – 10.00pm	Mixed
<b>Friday</b>	8.00am – 10.00pm	Mixed
<b>Saturday</b>	8.00am – 5.00pm	Mixed
<b>Sunday</b>	8.00am – 5.00pm	Mixed

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

**John Smith Pool**  
**Stirling Street**  
**Airdrie**  
**ML6 OAH**  
**01236 750130**