

pool & health suite

programme



Wishaw Sports Centre

01698 355821

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

01236 442644

accessnl@nlleisure.co.uk



**join
today!**

Supported by



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am - 7.45am							
7.45am - 8am							
8am - 9am							
9am - 10am	Aqua Fit						
10am - 11am							
11am - noon							
noon - 1pm							
1pm - 2pm							
2pm - 3pm							
3pm - 4pm		Over 50's only					
4pm - 5pm			Aqua Natal				
5pm - 6pm							
6pm - 7pm							
7pm - 8pm							
8pm - 9pm							
9pm - 10pm			Adults Only				

health suite programme

Monday	7.45am – 4.00pm	Mixed
	4.00pm – 10.00pm	Ladies Only
Tuesday	7.45am – 10.00pm	Mixed
Wednesday	7.45am – 10.00pm	Mixed
Thursday	7.45am – 10.00pm	Mixed
Friday	7.45am – 10.00pm	Mixed
Saturday	9.00am – 7.30pm	Mixed
Sunday	9.00am – 10.00pm	Mixed

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

Wishaw Sports Centre
 Alexander Street
 Wishaw
 ML2 0HQ
 01698 355821