

# Stellar Pool Timetable

Updated January 2026

All Aqua Aerobics and Aqua Zumba classes are 45 minutes, please arrive on time, late entry will not be allowed 5 minutes after the class has started. Family Member's Access is a free session exclusive to Learn to Swim families.

Active Recovery offer Hydrotherapy sessions in the Stellar Pool. Please see Active Recovery on Level 3 for more information and to book. Most pool activities use four lanes. Activities marked with \* use two lanes.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	Member's Access	Member's Access	Member's Access	Member's Access	Member's Access	Member's Access	
7am	Aqua Aerobics 7am	Aqua Aerobics 7am	Aqua Aerobics 7am	Aqua Aerobics 7am	Aqua Aerobics 7am	Aqua Aerobics 7am	
8am	Member's Access* Active Recovery*	Learn to Swim* Active Recovery*	Member's Access* Active Recovery*	Learn to Swim* Active Recovery*	Member's Access* Active Recovery*	Learn to Swim	Learn to Swim
9am							
10am							
11am	Member's Access	Learn to Swim	Member's Access	Learn to Swim	Member's Access		
12pm	Aqua Aerobics 12.05pm	Aqua Aerobics 12.05pm	Aqua Aerobics 12.05pm	Aqua Zumba 12.05pm	Aqua Aerobics 12.05pm	Family Member's Access 2pm - 3.30pm	Member's Access
1pm	Member's Access	Member's Access	Member's Access	Member's Access	Member's Access		
2pm							
3pm	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Member's Access	
4pm							
5pm							
6pm							
7pm							
8pm	Aqua Aerobics 7.30pm	Aqua Aerobics 7.30pm					

■ Learn to Swim   
 ■ Active Recovery   
 ■ Member's Access   
 ■ Aqua



Book your Member's Access sessions and Aqua Aerobics classes with Perfect Gym.

