ST MELLION
HEALTH CLUB

AUTUMN 2026
MAIN POOL TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.30 - 07.30 Adult Only	06.30 - 07.30 Adult Only	06.30 - 07.30 Adult Only	06.30 - 07.30 Adult Only	06.30 - 07.30 Adult Only	CLOSED	CLOSED
07.30 - 09.00 Adult Only	07.30 - 09.00 Adult Only	07.30 - 09.00 Adult Only	07.30 - 09.00 Adult Only	07.30 - 09.00 Adult Only	07.30 - 09.00 Adult Only	07.30 - 09.00 Adult Only
09:00 - 19.00 General Swim **Aqua 11:30 - 12:15**	09:00 - 19.00 General Swim **Aqua 10:00 - 10:45**	09:00 - 19.00 General Swim **Aqua 11:15 - 12:00**	09:00 - 19.00 General Swim **Aqua 10:00 - 10:45**	09:00 - 19.00 General Swim **Aqua 10:00 - 10:45**	09:00 - 19.00 General Swim	09:00 - 19.00 General Swim
19.00 - 21.45 Adult Only	19.00 - 21.45 Adult Only	19.00 - 21.45 Adult Only	19.00 - 21.45 Adult Only	19.00 - 19.45 Adult Only	19.00 - 19.45 Adult Only	19.00 - 19.45 Adult Only

AQUA: Will use half of the pool **(shallow end).** The remainder of the pool will be open for members/guests.

ADULT ONLY: 16 years and over.

SWIMMING LESSONS: A lane may be required between **13:00-20:00 Monday-Friday ONLY.**
(Swim Fit class as well)

This timetable may be subject to change, therefore please always check in with the St Mellion team on **01579 352 003** to avoid disappointment.

MPORTANT NOTICE:

The Health Club Changing Rooms will close Monday-Thursday at 22:00pm
Friday - Sunday 20:00pm