

# Lincoln Timetable

<b>MONDAY</b>			
		<b>Club opens 06.30</b>	<b>Closes 22.00</b>
<b>TIME</b>	<b>CLASS</b>	<b>LEVEL</b>	<b>STUDIO</b>
09.30 - 10.00	Spin Express	All	Spin Studio
10.00 - 10.45	Total Step	All	Studio 2
10.00 - 11.00	Body Pump	All	Studio 1
10.00 - 10.45†	Pilates	All	Mind & Body
10.15 - 11.00†	Aqua	All	Small pool
11.00 - 11.45	Zumba Circuit	All	Studio 2
11.00 - 11.30	Ab's Blast	All	Studio 1
11.15 - 12.00†	Aqua	All	Small pool
11.15 - 12.00†	Fitness Pilates	All	Mind & Body
14.00 - 15.30	Angels Childcare swimming	age 4+	Small pool £
16.00 - 19.30	Swimming lessons	age 4+	Small pool
16.45 - 20.15	Mixed martial arts (Chikara)	age 4+	Studio 2 £
17.30 - 18.30†	Games Zone	age 4+	Mind & Body
18.00 - 19.00	Body Combat	All	Studio 1
18.30 - 19.30	Spin & Abs	Beg/Int	Spin Studio
19.30 - 20.00	Kids Swim Fit †	age 4-12	Main Pool
19.30 - 20.15†	Fitness Pilates	All	Mind & Body
19.00 - 20.00	Body Pump	All	Studio 1
20.00 - 21.00	Zumba	All	Studio 1

<b>TUESDAY</b>			
		<b>Club opens 06.30</b>	<b>Closes 22.00</b>
<b>TIME</b>	<b>CLASS</b>	<b>LEVEL</b>	<b>STUDIO</b>
09.15 - 10.00†	Aqua	All	Small Pool
09.30 - 10.30	Spin Circuits	All	Spin Studio
10.00 - 10.45	Total Aerobics	All	Studio 1
10.00 - 11.00†	Yoga	All	Mind & Body
10.30 - 11.00	Abs Blast	All	Studio 2
10.45 - 11.30	Total Tone	All	Studio 1
11.15 - 12.15†	Yoga	All	Mind & Body
16.00 - 18.00	Swimming lessons	age 4+	Small Pool £
16.30 - 19.45	Mixed Martial Arts (Chikara)	age 4+	Studio 2 £
17.30 - 18.15	Kids Circuits	age 7+	Mind & Body
18.00 - 18.30	Spin Express	All	Spin Studio
18.00 - 18.45	Total Insanity	Adv	Studio 1
18.30 - 19.15*	Total Spin	All	Spin Studio
18.30 - 19.30*	Total Arcade	age 4-12	Family Gym
18.30 - 19.15†	Total Balance	All	Mind & Body
18.45 - 19.30	Zumba Circuit	All	Studio 1
19.00 - 20.00	Adults Masters Swim	All	Main pool
19.30 - 20.30	Circuit Training	All	Studio 2
19.30 - 20.15†	Aqua	All	Small Pool

<b>WEDNESDAY</b>			
		<b>Club opens 06.30</b>	<b>Closes 22.00</b>
<b>TIME</b>	<b>CLASS</b>	<b>LEVEL</b>	<b>STUDIO</b>
09.15 - 10.00	Body Pump	All	Studio 1
09.30 - 10.15†	Pilates	All	Mind & Body
09.30 - 10.30	Angels childcare swimming	age 4+	Small Pool
10.00 - 11.00	Spin & Abs	All	Spin studio
10.00 - 10.45	Total Aerobics	Beg	Studio 1
10.30 - 11.15†*	Aqua	All	Small Pool
10.30 - 11.30 *	Totally Active	age 2-5	Studio 2
10.30 - 11.30†*	Yoga	All	Mind & Body
10.45 - 11.30	Total Tone	Beg	Studio 1
11.30 - 13.00	Swim-A-Song	All	Small Pool
16.30 - 18.30	Private Party	Small Pool or Studio	£
18.00 - 18.30	Kids Spin	Age 7+	Spin Studio
18.00 - 19.00	Zumba Dance	All	Studio 1
17.00 - 18.45	Mixed Martial Arts (Chikara)	age 4+	Studio 2 £
18.30 - 19.00	Begin to Spin	Beg	Spin studio
18.30 - 19.30	Hunter Splash	Family	Small Pool
18.45 - 19.30*	Youth Gym	Age 4+	Lower Gym
19.00 - 19.30*	Begin to Circuit	Beg	Spin studio
19.00 - 20.00	Body Combat	All	Studio 1
19.30 - 20.30†	Pilates	All	Mind & Body
20.00 - 21.00	Lions Tea Kwando	Private	Studio 2

<b>THURSDAY</b>			
		<b>Club opens 06.30</b>	<b>Closes 22.00</b>
<b>TIME</b>	<b>CLASS</b>	<b>LEVEL</b>	<b>STUDIO</b>
09.30 - 10.00	Total Spin	All	Spin Studio
09.45 - 10.45	School Swimming	Private	Small pool
10.00 - 10.45†	Freestyle Fitness Yoga	All	Studio 1
11.00 - 11.45†	Aqua	All	Small Pool
11.00 - 11.45	Soft & Gentle	Beg	Studio 2
12.00 - 13.00	Zumba Dance Class	All	Studio 1
12.00 - 13.00	Total Games	age 2+	St 2/Fam Gym
16.45 - 19.15	Mixed Martial Arts (Chikara)	age 4+	Studio 2 £
18.00 - 19.00	Kids Street Beatz	age 5+	Studio 1
18.30 - 19.30	Spin & Abs	All	Spin Studio
19.00 - 19.45	Aero Tone	All	Studio 1
19.30 - 20.30	Body Blitz Circuit	All	Studio 2

<b>FRIDAY</b>			
		<b>Club opens 06.30</b>	<b>Closes 21.00</b>
<b>TIME</b>	<b>CLASS</b>	<b>LEVEL</b>	<b>STUDIO</b>
09.15 - 10.00†	Aqua	All	Small Pool
09.30 - 10.30	Spin Circuits	All	Spin Studio
09.30 - 10.15	Tai Chi Fit	All	Studio 1
09.30 - 10.15†	Pilates	Int/Adv	Mind & Body
10.30 - 11.15	Total Aerobics	All	Studio 1
10.30 - 11.15†	Pilates	Int/Adv	Mind & Body
11.15 - 12.15	Body Pump	All	Studio 2
12.15 - 13.15	Body Combat	All	Studio 1
17.00 - 18.00	Total Activities		Studio 1
18.00 - 18.45	Mixed Martial Arts	All	Studio 2 £

<b>SATURDAY</b>			
		<b>Club opens 08.00</b>	<b>Closes 19.00</b>
<b>TIME</b>	<b>CLASS</b>	<b>LEVEL</b>	<b>STUDIO</b>
10.00 - 11.00*†	Games Zone	age 4-12	Mind & Body
10.00 - 11.00*	Total Spin	All	Spin Studio
10.00 - 11.00*	Body Pump	All	Studio 1
11.00 - 12.00	Step Aerobics	All	Studio 1
11.00 - 13.00	Mixed Martial Arts (Chikara)	age 4+	Studio 2 £
11.30 - 13.00	Hunter Splash	Family	Small Pool
14.00 - 17.00	Private Party	Small Pool or Studio	£

<b>SUNDAY</b>			
		<b>Club opens 08.00</b>	<b>Closes 19.00</b>
<b>TIME</b>	<b>CLASS</b>	<b>LEVEL</b>	<b>STUDIO</b>
10.00 - 11.00	Spin & Abs	All	Spin Studio
10.30 - 11.15*	Total Aerobics	All	Studio 1
10.30 - 11.30*†	Sports Zone	age 4-12	Mind & Body
10.30 - 11.30*	Body Combat	All	Studio 2
11.15 - 12.00	Legs, Bums & Tums	All	Studio 1
11.15 - 12.00	Hunter splash	Juniors	Small pool
14.00 - 17.00	Private Party	Small Pool or Studio	£

Please note opening times and classes will vary during seasonal and bank holidays. Please check with the club first.

### KEY

£ Additional charge please see reception

\* These are times when both an adult and child's class coincides. Please sign your children in and out of the classes. Please ask at reception for more details on swimming lessons for 0-3 and 4+ year olds.

† Please book in for these classes 90 mins prior to commencement.

**Text in red** - Studio classes suitable for children please check ages allowed in class.

**PLEASE NOTE:** Childrens classes require a minimum of 2 attendees to take place.

**Text in blue** - Classes in the pool. The pool indicated MAY be unavailable or sectioned off at these times.

**Private Party** - Book a private party for your children and guests. Either pool or studio. See reception for details. Small pool MAY be unavailable at this time.