

Lincoln Timetable

MONDAY

TIME	CLASS	LEVEL	STUDIO
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	Legs, Bums & Tums	All	Studio 2
11:15-12:00	Aqua	All	Small pool
11:15-12:00	Fitness pilates	All	Mind & Body
16:00-18:45	Swimming lessons	Children	Small pool
17:00-18:00	Sports zone	Juniors	Studio 1
18:00-19:00	Body combat	All	Studio 1
18:45-19:45	Mixed martial arts (Chikara)	£	Studio 2
18:30-19:30	Spin & Abs	Beg/Int	Spin Studio
18:45-19:15	Kids swim fit	All	Main pool
19:30-20:15	Fitness pilates	All	Mind & Body
19:00-20:00	Body pump	All	Studio 1
19:30-20:30	Adult swim master class	Adults	Main pool
20:00-21:00	Zumba dance class	All	Studio 1

TUESDAY

TIME	CLASS	LEVEL	STUDIO
09:30-10:30	Spin circuits	All	Spin Studio
9:15-10:00	Aqua	All	Small Pool
10:00-10:45	Total aerobics	All	Studio 1
10:00-11:00	Yoga	All	Mind & Body
11:15-12:15	Yoga	All	Mind & Body
11:00-11:45	Total tone	All	Studio 1
12:45-13:15	Angels childcare swimming	£	Small Pool
13:15-14:15	Swimasong	£	Small Pool
14:15-15:15	Angels childcare swimming	£	Small Pool
15:15-16:00	Adult group swim lessons	All	Main pool
16:00-18:00	Swimming lessons	Children	Small Pool
16:30-19:45	Mixed martial arts (Chikara)	£	Studio 2
16:30-17:15	Teen gym	Age 12-15	L. Gym
18:00-18:30	Spin express	All	Spin Studio
18:00-18:45	Dance aerobics	All	Studio 1
18:15-19:15	Teen / Junior swim fit	*	Main pool
18:30-19:15	Total spin	All	Spin Studio
18:45-19:30	Total step	All	Studio 1
19:30-20:30	Circuit training	All	Studio 2
19:30-20:15	Aqua	All	Small Pool

WEDNESDAY

TIME	CLASS	LEVEL	STUDIO
09.30-10:00	Angels child care swimming	£	Small Pool
9:30-10:15	Pilates	All	Mind & Body
10:30-11:30	Yoga	All	Mind & Body
10:00-11:00	Spin & Abs	All	Spin studio
10:30-11:15	Aqua	All	Small Pool
10:00-10:45	Total aerobics	Beg	Studio 1
10:45-11:30	Total tone	Beg	Studio 1
11:45-12:45	Body combat	All	Studio 1
15:00-15:45	Aqua	All	Small pool
16:30-18:30	Party time slots available	£	
16:30-17:30	Sports zone	Juniors	Studio 2
18:00-19:00	Body combat	All	Studio 1
18:00-19:00	Mixed martial arts (Chikara)	£	Studio 2
18:00-18:45	Hunter splash	Family	Small Pool
18:30-19:00	Begin to spin	Beg	Spin studio
19:00-19:30	Begin to circuit	Beg	Spin studio
19:00-20:00	Body pump	All	Studio 1
19:30-20:30	Pilates	All	Mind & Body
20:00-21:00	Zumba dance class	All	Studio 1
20:00-21:00	Lions Tea kwando	Private	Studio 2

THURSDAY

TIME	CLASS	LEVEL	STUDIO
10:00-10:45	Freestyle fitness yoga	All	Studio 1
10:00-10:45	Ladies kickboxing class	£	Studio 2
10:00-10:45	Total spin	All	Spin Studio
11:00-11:45	Aqua	All	Small Pool
11:00-11:45	Soft & gentle	Beg	Studio 2
11:45-14:15	Water babies	£	Small Pool
12:00-13:00	Zumba dance class	All	Studio 1
16:30-19:45	Mixed martial arts (Chikara)	£	Studio 2
18:00-19:00	Junior swim fit	*	Main pool
18:00-18:45	Aero tone	All	Studio 1
18:30-19:00	Family fun splash	Family	Small Pool
18:30-19:30	Spin & Abs	All	Spin Studio
19:30-21:00	Tri training	Private	Studio 1
19:30-20:30	Body blitz circuit	All	Studio 2

FRIDAY

TIME	CLASS	LEVEL	STUDIO
9:15-10:00	Aqua	All	Small Pool
9:30-10:30	Spin circuits	All	Spin Studio
9:30-10:15	Tai Chi Fit	All	Studio 1
9:30-10:15	Pilates	Int/Adv	Mind & Body
10:30-11:15	Total aerobics	All	Studio 1
10:30-11:15	Pilates	Int/Adv	Mind & Body
11:00-12:00	Body pump	All	Studio 2
12:15-13:15	Body combat	All	Studio 1
17:15-18:00	Youth Street Beatz ance	7-17 Years	Studio 1
18:15-19:00	Family spin	Family	Spin Studio

SATURDAY

TIME	CLASS	LEVEL	STUDIO
10:00-12:30	Mixed martial arts (Chikara)	£	Studio 2
10:00-11:00	Total spin	All	Spin Studio
10:00-11:00	Body pump	All	Studio 1
10:00-11:00	Games zone	Juniors	Mind & Body *
11:00-12:00	Step aerobics	All	Studio 1
12:15-13:00	Hunter splash	Family	Small Pool
14:00-14:45	Teen/ Junior swim fit	*	Main pool
14:00-17:00	Party time slots available	£	

SUNDAY

TIME	CLASS	LEVEL	STUDIO
10:00-11:00	Spin & Abs	All	Spin Studio
10:30-11:15	Total aerobics	All	Studio 1
10:30-11:30	Sports zone	Juniors	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	Party time slots available	£	

BOOK A PRIVATE PARTY - Book a private party for your children and guests. Either pool or studio. Choose a theme of Princesses, pirates and much more. See reception for details. Pool may be unavailable at this time

Classes suitable for children please check ages allowed in class

Classes in the pool. Small pool may be unavailable at these times

£ 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

FAMILIES Dont forget we have the family zone and internet and playstation
INSTRUCTORS Why not book in for a program with an instructor

Please ask at reception for swimming lessons for age4+
 We also have swim-a-song for 0-3year olds see reception for more details

please note if there are 3 children or less for a kids class, the class will not go ahead