

Lincoln class timetable

Last updated: June
Please note that weekly class timetables are subject to change
Please book your place through the app

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:30 - 07:00 Spin Jen - Spin Studio	08:30 - 09:00 Aqua HIIT Jen - Small Pool	06:30 - 07:00 Spin: Coach by Colour Jen - Spin Studio	08:30 - 09:15 Yoga Jasmine - Mind & Body	06:30 - 07:00 Spin Jen - Spin Studio	08:30 - 09:15 Yoga Amy - Mind & Body
08:30 - 09:00 Aqua Anna - Small Pool	09:00 - 09:45 Les Mills Body Pump Danielle - Studio	08:30 - 09:00 Aqua HIIT Jen - Small Pool	08:30 - 09:00 Aqua HIIT Jen - Small Pool	09:00 - 09:45 Yoga Jasmine - Mind & Body	08:30 - 09:15 Les Mills Body Pump Natalie - Studio
09:00 - 09:45 Pilates Anna - Mind & Body	09:30 - 10:15 Pilates Anna - Mind & Body	09:00 - 09:45 DanceFit Jude - Studio	09:15 - 09:45 Kettlebell Sarah - Studio	09:15 - 09:45 Aqua Jen - Small Pool	08:45 - 09:30 Functional Fitness Fitness Coach - Lower Gym Floor
09:00 - 09:45 DanceFit Jude - Studio	10:00 - 10:30 HIIT Dave - Lower Gym Floor	09:30 - 10:15 Spin Fitness Coach - Spin Studio	09:45 - 10:15 Spin Sarah - Spin Studio	09:15 - 10:00 Spin Fitness Coach - Spin Studio	09:30 - 10:15 FitKids Kirsty - Mind & Body
09:15 - 09:45 Spin Sarah - Spin Studio	10:30 - 11:15 Body Tone Anna - Studio	09:30 - 10:15 Pilates Sarah - Mind & Body	10:15 - 11:00 Yoga: Traditional Sarah - Studio	09:00 - 09:45 Zumba Step Jude - Studio	09:30 - 10:15 Spin: Coach by Colour Jen - Spin Studio
10:15 - 10:45 Spin Dave - Spin Studio	10:30 - 11:15 Yoga Julie - Mind & Body	09:30 - 10:00 HIIT Aaron - Lower Gym Floor	11:15 - 12:00 Zumba Tone Jude - Studio	09:50 - 10:35 Tai Chi Sarah - Studio	09:30 - 10:15 Les Mills Body Balance Natalie - Studio
10:00 - 10:45 Aqua Anna - Small Pool	10:45-11:15 Spin Dave - Spin Studio	10:00 - 10:45 Aqua Zumba Jude - Small Pool	18:00 - 18:45 Pilates Anna - Studio	10:00 - 10:45 Pilates Anna - Mind & Body	
10:00 - 10:45 Les Mills Body Pump Sarah - Studio	11:30 - 12:15 Aqua Anna - Small Pool	10:20 - 10:50 Kettlebell Sarah - Studio	18:00 - 19:00 FitKids Kirsty - Mind & Body	10:00 - 10:45 MetaFit Aaron - Lower Gym Floor	
10:00 - 10:45 Zumba Step Jude - Mind and Body	11:30 - 12:15 Zumba Tone Jude - Studio	11:00 - 11:45 Yoga Jasmine - Mind & Body	18:00 - 18:45 Spin Fitness Coach - Spin Studio	10:45 - 11:30 Body Tone Sarah - Studio	
11:00 - 11:45 Yoga Jasmine - Mind & Body	18:00 - 19:00 MetaFit Aaron - Lower Gym Floor	11:00 - 11:45 Les Mills Body Pump Sarah - Studio	19:00 - 19:45 Aqua Zumba Anna - Small Pool	10:45 - 11:30 Aqua Anna - Small Pool	08:30 - 09:15 Rig Fitness Coach - Upper Gym Floor
11:00 - 11:45 Aqua Zumba Jude - Small Pool	18:00 - 18:30 Les Mills Body Combat Anna - Studio	11:30 - 12:00 Aqua HIIT Jen - Small Pool		11:40 - 12:25 Aqua Zumba Anna - Small Pool	09:15 - 10:00 Les Mills Body Balance Anna - Studio
11:00 - 11:45 Les Mills Body Balance Anna - Studio	18:40 - 19:25 Les Mills Body Pump Anna - Studio	18:00 - 18:45 Functional Fitness Fitness Coach - Lower Gym Floor		11:45 - 12:45 Zumba Jude - Studio	09:30 - 10:00 Spin Fitness Coach - Spin Studio
18:00 - 18:45 Zumba Jude - Studio	18:30 - 19:00 Spin Nikki - Spin Studio	18:00 - 18:45 Les Mills Body Balance Anna - Mind & Body			10:15 - 11:00 FitKids Kirsty - Mind & Body
18:00 - 18:45 MetaFit Aaron - Lower Gym Floor	19:30 - 20:15 Yoga: Vinyasa Flow Anna - Studio	18:00 - 18:45 Spin Fitness Coach - Spin Studio			10.15 - 11:00 Les Mills Body Combat Anna - Studio
18:00 - 18:45 Pilates Sarah - Mind & Body		18:15 - 18:45 Core Sarah - Studio			
19:00 - 19:45 Les Mills Body Pump Sarah - Studio		19:00 - 19:45 Les Mills Body Pump Sarah - Studio			