totalfitness LINCOLN TIMETABLE

Please note classes may vary during seasonal and bank holidays.
Please check with the club first. **01522 508200**

19/9/16

MONDAY Opens 06.00 - 22.00

06.30 - 07.15	Spin **NEW**	All	Spin Studio
09.00 - 10.00 ◷	Pilates	All	Mind & Body
09.30 - 10.15 ◷	Aqua	All	Small Pool
09.30 - 10.00	Spin Express	All	Spin Studio
10.00 - 11.00	BODYPUMP	All	Studio 1
10.00 - 11.00	Aerobics	All	Studio 2
10.00 - 11.00 ◷	Pilates	All	Mind & Body
10.15 - 11.00 ◷	Aqua	All	Small Pool
11.00 - 12.00 ◷	Fitness Pilates	All	Mind & Body
12.30 - 13.30	LPCP Pilates **NEW**	Beg	Mind & Body £
18.00 - 18.45 ◷	Pilates	All	Mind & Body
18.00 - 19.00	Circuits	All	Studio 1
18.00 - 19.00	Pregnancy Pool Pilates **NEW**		Hydro Pool £
18.15 - 19.15	Spin & Abs	Beg/Int	Spin Studio
19.15 - 20.15	BODYPUMP	All	Studio 1
19.00 - 20.00 ◷	Yoga	All	Mind & Body

TUESDAY Opens 06.00 - 22.00

09.15 - 10.00 ◷	Aqua	All	Small Pool
09.30 - 10.30	Spin Circuits	All	Spin Studio
10.00 - 10.45	Aerobics	All	Studio 1
10.00 - 11.00 ◷	Yoga	All	Mind & Body
10.45 - 11.30	Body Conditioning	All	Studio 1
11.15 - 12.15 ◷	Yoga	All	Mind & Body
18.00 - 18.30 ☺	GRIT Series	All	Studio 1
18.00 - 18.30 ☺	Spin Express	All	Spin Studio
18.00 - 19.00	LPCP Pilates **NEW**	Beg	Mind & Body £
18.30 - 19.15 ☺	Spin	All	Spin Studio
18.30 - 19.15	BODYPUMP	All	Studio 1
19.15 - 20.00	BODYCOMBAT	All	Studio 1
19.15 - 20.15 ◷	Yoga	All	Mind & Body
19.15 - 20.15	X Functional Circuits	All	Studio 2
19.30 - 20.15	Aqua **NEW**	All	Small Pool

WEDNESDAY Opens 06.00 - 22.00

06.30 - 07.00	Spin Express **NEW TIME**	All	Spin Studio
09.30 - 10.30 ◷	Pilates	All	Mind & Body
09.30 - 10.30	Spin & Abs	All	Spin studio
10.00 - 10.45	Body Conditioning	Beg	Studio 1
10.30 - 11.00	Metafit **NEW**	All	Studio 2
10.30 - 11.30 ◷	Yoga	All	Mind & Body
10.45 - 11.30 ◷	Aqua	All	Small Pool
10.45 - 11.30	Low & Light	All	Studio 1
18.00 - 19.00 ☺	BODYCOMBAT	All	Studio 1
18.00 - 19.00 ☺◷	BODYBALANCE	All	Mind & Body
18.30 - 19.15	Spin	All	Spin Studio
19.00 - 20.00 ◷	Kettlecise	All	Studio 1

THURSDAY Opens 06.00 - 22.00

09.30 - 10.00	Spin Express	All	Spin Studio
10.00 - 10.45	Freestyle Fitness Yoga	All	Studio 1
10.00 - 11.00	BODYPUMP	All	Studio 2
11.00 - 11.45 ◷	Aqua	All	Small Pool
11.00 - 12.00	Low & Light	Beg	Studio 1
17.45 - 18.30 ☺	BODYPUMP	All	Studio 1
18.00 - 18.30	GRIT Series **NEW TIME**	All	Studio 2
18.30 - 19.30	Spin & Abs	All	Spin Studio
19.00 - 19.45 ◷	Aqua	All	Small Pool
19.00 - 20.00 ◷	Yoga	All	Mind & Body

FRIDAY Opens 06.00 - 21.00

06.15 - 07.00 ◷	Wake Up Spin	All	Spin Studio
08.00 - 09.00	LPCP Pilates **NEW**	Beg	Mind & Body £
09.15 - 10.00 ◷	Aqua	All	Small Pool
09.15 - 10.15	Spin Circuits	All	Spin Studio
09.30 - 10.15	Tai Chi Fit	All	Studio 1
09.30 - 10.30 ◷	Pilates	Int/Adv	Mind & Body
10.15 - 11.00	BODYPUMP	All	Studio 2
10.30 - 11.15	Body Conditioning	All	Studio 1
10.30 - 11.30 ◷	Pilates	Int/Adv	Mind & Body
11.15 - 12.00 ◷	Kettlecise	All	Studio 1
11.30 - 12.30 ◷	Yoga Meditation Fusion	All	Mind & Body
13.00 - 14.00	LP Mums & Babies **NEW**		Mind & Body £
17.00 - 19.00	*Pool Party - available for booking		Small Pool £
17.30 - 18.00	Spin Express	All	Spin Studio
18.00 - 18.45	BODYPUMP **NEW TIME**	All	Studio 1

SATURDAY Opens 08.00 - 19.00

08.30 - 09.30	Circuits	All	Functional Area
09.30 - 10.15	BODYBALANCE	All	Studio 1
09.30 - 10.30 ☺	Spin	All	Spin Studio
10.30 - 11.15 ☺	BODYPUMP	All	Studio 1
10.30 - 11.30	Groove	12+	Studio 2
14.00 - 17.00	*Pool Party - available for booking		Small Pool £

SUNDAY Opens 08.00 - 19.00

10.00 - 11.00 ☺	Spin & Abs	All	Spin Studio
10.30 - 11.30	BODYCOMBAT	All	Studio 1
14.00 - 17.00	*Pool Party - available for booking		Small Pool £

Key

£ Additional charge please see reception

◷ Please book in for these classes from 8am the day before.

☺ These are times when both an adult and childs class coincides. Please see the separate Junior Timetable. 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.

Classes in the pool - The pool indicated may be unavailable or sectioned off at these times.

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