

Grimsby Leisure Centre Group Exercise Timetable

**This timetable is effective from 7th January 2019.

Day/Time	Activity	Location	Price (£)
Monday			
09:30 - 10:30	BodyPump™	New Pool Studio	4.80
09:45 - 10:30	Step	Sports Hall	4.80
09:45 - 10:30	Boxercise®	Squash Court	4.80
09:45 - 10:30	Group Cycling	Squash Court	4.80
10:30 - 11:30	BodyAttack™	New Pool Studio	4.80
10:30 - 11:15	Seated Chair	Concourse	3.00
10:45 - 11:30	Body Sculpture	Squash Court	4.80
11:00 - 11:45	Female Swimfit	Swimming Pool	4.80
12:00- 12:45	Swimfit	Swimming Pool	4.80
12:00 - 13:00	Low Impact Circuit Training	Sports Hall	3.00
14:00 - 15:00	Yogalates	New Pool Studio	4.80
17:15 - 18:00	BodyCombat™ Express	New Pool Studio	4.80
18:10 - 18:55	Aqua	Swimming Pool	4.80
18:00 - 19:00	Body Conditioning	New Pool Studio	4.80
18:10 - 18:55	BodyPump™	Sports Hall	4.80
19:00 - 19:45	Group Cycling	Squash Court	4.80
19:00 - 20:00	BodyAttack™	New Pool Studio	4.80
19:15 - 20:00	Clubbercise®	Sports Hall	4.80
Tuesday			
08:30 - 09:15	BodyCombat™ Express	New Pool Studio	4.80
09:30 - 10:30	RIP	New Pool Studio	4.80
09:45 - 10:30	Group Cycling	Squash Court	4.80
09:45 - 10:30	Zumba	Sports Hall	4.80
10:30 - 11:30	BodyBalance™	New Pool Studio	4.80
10:45 - 11:15	Core Strength	Squash Court	3.10
13:45 - 14:30	Forever Fit	Sports Hall	4.80
17:00 - 17:45	Seated Chair	Club Room 2	3.00
17:15 - 17:45	GRIT™	New Pool Studio	4.80
18:10 - 18:55	Zumba	Sports Hall	4.80
18:00 - 19:00	BodyPump™	New Pool Studio	4.80
18:15 - 19:00	Boxercise®	Squash Court	4.80
19:00 - 20:00	LBT	New Pool Studio	4.80
19:00 - 19:45	Group Cycling	Squash Court	4.80
20:00 - 21:15	Yoga	New Pool Studio	4.80
Wednesday			
07:00 - 07:30	GRIT™	New Pool Studio	4.80
09:00 - 09:30	Abs Blast	New Pool Studio	3.10
09:15 - 10:00	Forever Fit Aqua	Swimming Pool	4.80
09:30 - 10:15	Group Cycling	Squash Court	4.80
09:30 - 10:30	BodyAttack™	New Pool Studio	4.80
10:30 - 11:30	LBT	New Pool Studio	4.80

Day/Time	Activity	Location	Price (£)
Wednesday			
12:00 - 12:45	Aqua	Swimming Pool	4.80
13:30 - 14:30	Pilates	New Pool Studio	4.80
17:15 - 18:00	BodyCombat™ Express	New Pool Studio	4.80
18:00 - 19:00	BodyBalance™	New Pool Studio	4.80
18:00 - 18:45	Group Cycling	Squash Court	4.80
19:00 - 20:00	LBT	New Pool Studio	4.80
Thursday			
06:45 - 07:30	BodyBalance™	New Pool Studio	4.80
08:30 - 09:15	BodyCombat™ Express	New Pool Studio	4.80
09:30 - 10:30	BodyCombat™	New Pool Studio	4.80
09:45 - 10:30	Step	Sports Hall	4.80
10:20 - 11:05	Aqua	Swimming Pool	4.80
10:30 - 11:30	BodyBalance™	New Pool Studio	4.80
11:00 - 11:45	Swimfit	Swimming Pool	4.80
12:00 - 12:45	Deep Water Aqua	Swimming Pool	4.80
14:00 - 14:45	Seated Chair	Squash Court 2	3.00
15:00 - 16:00	Low Impact Circuit Training	Sports Hall	3.00
17:15 - 17:45	Core Strength	New Pool Studio	3.10
17:30 - 18:15	Group Cycling	Squash Court	4.80
17:45 - 18:15	Kettlebell	New Pool Studio	4.80
18:10 - 18:55	BodyCombat™	Sports Hall	4.80
18:15 - 19:00	BodyCombat™ Express	New Pool Studio	4.80
19:00 - 19:45	Body Blast	New Pool Studio	4.80
Friday			
09:30 - 10:30	BodyPump™	New Pool Studio	4.80
09:45 - 10:30	BodyCombat™	Sports Hall	4.80
09:45 - 10:30	Group Cycling	Squash Court	4.80
10:30 - 11:30	Step	New Pool Studio	4.80
13:30 - 14:30	Yogalates	New Pool Studio	4.80
17:00 - 18:00	BodyAttack™	New Pool Studio	4.80
18:00 - 19:00	BodyBalance™	New Pool Studio	4.80
18:10 - 18:55	Aqua	Swimming Pool	4.80
19:00 - 19:45	Group Cycling Disco	Squash Court	4.80
19:00 - 20:00	BodyPump™	New Pool Studio	4.80
Saturday			
09:00 - 10:00	BodyPump™	New Pool Studio	4.80
09:30 - 10:15	Circuit Training	Sports Hall	4.80
10:00 - 11:00	BodyAttack™	New Pool Studio	4.80
10:30 - 11:15	Boxercise®	Squash Court	4.80
Sunday			
09:00 - 10:00	BodyCombat™	New Pool Studio	4.80
10:00 - 11:00	Kettlecise	New Pool Studio	4.80
10:15 - 11:00	Group Cycling	Squash Court	4.80
11:00 - 12:00	BodyBalance™	New Pool Studio	4.80

Visit our website www.lincinspire.com to book your place online and view the latest, up-to-date timetables.