

## Grimsby Leisure Centre Group Exercise Timetable

Day/Time	Activity	Location	Price (£)
<b>Monday</b>			
09:30 - 10:30	Step	Sports Hall	4.80
09:30 - 10:30	Boxercise®	Squash Court	4.80
09:30 - 10:30	BodyPump™	New Pool Studio	4.80
09:30 - 10:30	Group Cycling	Squash Court	4.80
10:30 - 11:30	LBT	Sports Hall	4.80
10:30 - 11:30	BodyAttack™	New Pool Studio	4.80
11:00 - 11:45	Female Swimfit	Swimming Pool	4.80
11:00 - 12:00	Playtime	Squash Court 2	3.00
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 - 18:30	GRIT™	New Pool Studio	4.80
18:30 - 19:00	H_Core	New Pool Studio	4.80
18:00 - 19:00	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
<b>Tuesday</b>			
08:30 - 09:15	BodyCombat™ Express	New Pool Studio	4.80
09:30 - 10:30	Group Cycling	Squash Court	4.80
09:30 - 10:30	RIP	New Pool Studio	4.80
09:30 - 10:30	Zumba	Sports Hall	4.80
10:30 - 11:30	BodyBalance™	New Pool Studio	4.80
10:45 - 11:15	Abs Blast	Squash Court	3.10
13:30 - 14:30	Forever Fit	Sports Hall	4.80
17:00 - 18:00	Playtime	Squash Court 2	3.00
17:15 - 17:45	GRIT™	New Pool Studio	4.80
14:00 - 15:00	Playtime	Squash Court 2	3.00
18:00 - 19:00	Zumba	Sports Hall	4.80
18:00 - 19:00	BodyPump™	New Pool Studio	4.80
18:00 - 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
<b>Wednesday</b>			
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
12:00 - 12:45	Aqua	Swimming Pool	4.80
13:30 - 14:30	Pilates	New Pool Studio	4.80

Day/Time	Activity	Location	Price (£)
<b>Wednesday</b>			
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
20:00 - 21:00	Step	New Pool Studio	4.80
<b>Thursday</b>			
08:30 - 09:15	BodyCombat™ Express	New Pool Studio	4.80
09:30 - 10:30	Step	Sports Hall	4.80
09:30 - 10:30	BodyCombat™	New Pool Studio	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 - 15:00	Playtime	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
18:00 - 19:00	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
<b>Friday</b>			
09:30 - 10:30	BodyCombat™	Sports Hall	4.80
09:30 - 10:30	BodyPump™	New Pool Studio	4.80
09:30 - 10:15	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 - 20:00	Group Cycling	Squash Court	4.80
19:00 - 20:00	BodyPump™	New Pool Studio	4.80
<b>Saturday</b>			
09:00 - 10:00	BodyPump™	New Pool Studio	4.80
09:30 - 10:15	Circuit Training	Sports Hall	4.80
10:00 - 11:00	BodyCombat™	New Pool Studio	4.80
10:30 - 11:30	Boxercise®	Squash Court	4.80
<b>Sunday</b>			
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](http://www.lincinspire.com) to book your place online and view the latest, up-to-date timetables.