

Immingham Swimming Pool Group Exercise Timetable

Day/Time	Activity	Level	Price
Monday			
09:15 - 10:15	Swimfit	All	£4.80
10:30 - 11:15	Aqua	All	£4.80
11:00 - 12:00	Yoga	All	£4.80
14:00 - 15:00	Circuits	All	£4.80
17:30 - 18:15	Group Cycling	All	£4.80
18:30 - 19:30	Zumba	All	£4.80
19:45 - 20:45	Circuits	All	£4.80
Tuesday			
09:30 - 10:30	Step	All	£4.80
17:30 - 18:30	Body Fusion	All	£4.80
18:45 - 19:45	Group Cycling	All	£4.80
Wednesday			
10:00 - 11:00	RIP	All	£4.80
13:30 - 14:15	Aqua	All	£4.80
14:00 - 14:30	HIIT	All	£3.60
17:00 - 17:45	Group Cycling	All	£4.80
18:00 - 19:00	LBT (Legs, bums, tums)	All	£4.80
19:00 - 20:00	HIIT	All	£4.80
Thursday			
09:30 - 10:30	LBT (Legs, bums, tums)	All	£4.80
12:30 - 13:15	Group Cycling	All	£4.80
18:00 - 19:00	Pilates	All	£4.80
20:00 - 21:00	Swimfit	All	£4.80
Friday			
10:30 - 11:30	Yoga	All	£4.80
14:00 - 15:00	Zumba	All	£4.80
17:30 - 18:30	Group Cycling	All	£4.80
18:45 - 19:45	RIP	All	£4.80
Saturday			
10:00 - 10:45	Group Cycling	All	£4.80

Many of our members can access group exercise classes at all Lincs Inspire leisure facilities. Visit our website www.lincinspire.com to book your place online and view the latest, up-to-date timetables.

