

## Cleethorpes Leisure Centre Group Exercise Timetable

Day/Time	Activity	Location	Price (£)
<b>Monday</b>			
09:30 - 10:30	Group Cycling	Studio 2	4.80
09:30 - 10:30	Legs, Bums & Tums 14 +	Studio 1	4.80
10:30 - 11:30	BodyPump™	Studio 1	4.80
14:00 - 15:00	Evergreens	Sports Hall	3.00
17:00 - 17:30	Pure Abs 14 +	Studio 1	4.80
17:00 - 17:45	Group Cycling	Studio 2	4.80
17:30 - 18:00	GRIT™	Studio 1	4.80
18:00 - 19:00	BodyCombat™	Studio 1	4.80
18:00 - 19:00	Bootcamp	Studio 2	4.80
19:00 - 20:00	BodyPump™	Studio 1	4.80
19:00 - 19:45	Group Cycling	Studio 2	4.80
<b>Tuesday</b>			
07:15 - 08:00	BodyBlast	Studio 1	4.80
09:30 - 10:30	Yoga 14 +	Studio 1	4.80
09:30 - 10:30	Zumba 14 +	Sports Hall	4.80
13:30 - 14:30	Pilates	Studio 1	4.80
17:00 - 18:00	Pilates	Studio 1	4.80
17:30 - 18:15	Circuits	Sports Hall	4.80
18:00 - 18:45	Group Cycling	Studio 2	4.80
18:00 - 19:00	Legs, Bums & Tums 14+	Studio 1	4.80
18:15 - 19:00	Circuits	Sports Hall	4.80
19:00 - 20:00	BodyCombat	Studio 1	4.80
19:15 - 20:00	Clubbercise®	Sports Hall	4.80
<b>Wednesday</b>			
09:00 - 10:00	Swimfit	Pool	4.80
09:30 - 10:30	Group Cycling	Studio 2	4.80
09:30 - 10:30	BodyPump™	Studio 1	4.80
10:00 - 10:45	Aqua Aerobics	Pool	4.80
10:30 - 11:30	BodyCombat™	Studio 1	4.80
12:00 - 13:00	Senior Circuits	Studio 1	2.10
14:00 - 15:00	Yoga 14 +	Studio 1	4.80
17:00 - 17:30	Pure Abs 14 +	Studio 1	4.80
17:30 - 18:00	GRIT™	Studio 1	4.80
18:00 - 19:00	BodyCombat™	Studio 1	4.80
18:00 - 19:00	Kettlebell	Studio 2	4.80
19:00 - 19:45	Group Cycling	Studio 2	4.80
19:00 - 20:00	BodyPump™	Studio 1	4.80
20:00 - 21:00	Yoga 14 +	Studio 1	4.80

Day/Time	Activity	Location	Price (£)
<b>Thursday</b>			
07:15 - 08:00	Group Cycling	Studio 2	4.80
09:15 - 10:15	Yoga 14+	Studio 1	4.80
09:30 - 10:15	Deep Aqua Workout	Pool	4.80
10:30 - 11:15	Aqua Aerobics	Pool	4.80
10:30 - 11:30	Salsa Aerobics 14+	Studio 1	4.80
14:00 - 15:00	Evergreens	Studio 1	3.00
17:00 - 18:00	Box Fit	Studio 1	4.80
18:00 - 19:00	Legs, Bums & Tums 14+	Studio 1	4.80
18:00 - 19:00	Kettlebell	Studio 2	4.80
18:30 - 19:30	Circuits	Sports Hall	4.80
19:00 - 20:00	Salsa Aerobics 14 +	Studio 1	4.80
<b>Friday</b>			
09:30 - 10:30	Group Cycling	Studio 2	4.80
09:30 - 10:30	RIP	Studio 1	4.80
10:30 - 11:30	Zumba 14 +	Studio 1	4.80
11:00 - 12:00	Senior Circuits	Sports Hall	2.10
17:30 - 18:00	Pure Abs 14+	Studio 1	4.80
18:00 - 18:45	Group Cycling	Studio 2	4.80
18:00 - 19:00	RIP	Studio 1	4.80
<b>Saturday</b>			
09:15 - 09:45	GRIT™	Studio 1	4.80
10:00 - 11:00	BodyCombat™	Studio 1	4.80
11:00 - 12:00	BodyPump™	Studio 1	4.80
<b>Sunday</b>			
09:00 - 09:30	GRIT™	Studio 1	4.80
09:30 - 10:30	BodyPump™	Studio 1	4.80
10:30 - 11:30	Body Fusion	Studio 1	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.

