

# Lincoln Class Timetable

Last updated: October 2024

Please note that weekly class timetables are subject to change.

<b>Monday 6:00 - 22:00</b>			
6:30-7:00	Spin	Jen	Spin Studio
8:30-9:15	Aqua	Sophie	Small Pool
9:00-9:45	Pilates	Anna	Mind and Body Studio
9:00-9:45	Dancefit	Jude	Studio
9:15-9:45	Spin	Sarah	Spin studio
10:15-11:00	Spin	Dave	Spin studio
10:00-10:45	Aqua	Anna	Small pool
10:00-10:45	Les Mills Body Pump	Sarah	Studio
10:00-10:45	Zumba step	Jude	Mind and Body Studio
11:00-11:45	Yoga	Jasmine	Mind and Body Studio
11:00-11:45	Aqua Zumba	Jude	Small Pool
11:00-11:45	Les Mills Body Balance	Anna	Studio
18:00-18:45	Zumba	Jude	Studio
18:00-18:45	Metafit	Aaron	Lower gym
18:00-18:45	Pilates	Sarah	Mind and Body Studio
19:00-19:45	Les Mills Body Pump	Sarah	Studio

<b>Wednesday 6:00 - 22:00</b>			
6:30-7:00	Spin	Jen	Spin Studio
9:00-9:45	Dancefit	Jude	Studio
9:15-9:45	Aqua H.I.I.T	Jen	Small Pool
9:30-10:15	Spin	Fitness Coach	Spin Studio
9:30-10:15	Pilates	Sarah	Mind and Body Studio
10:00-10:45	Body Tone	Jen	Studio
10:00-10:45	Aqua Zumba	Jude	Small Pool
10:20-10:50	Kettlebell	Sarah	Mind and Body Studio
11:00-11:45	Yoga	Jasmine	Mind and Body Studio
11:00-11:45	Les Mills Body Pump	Sarah	Studio
18:00-18:45	Functional Fitness	Ryan	Lower gym
18:00-18:45	Les Mills Body Balance	Anna	Mind and Body Studio
18:15-19:00	Spin	Fitness Coach	Spin studio
18:15-18:45	Core	Sarah	Studio
19:00-19:45	Les Mills Body Pump	Sarah	Studio

<b>Friday 6:00 - 21:00</b>			
6:30-7:00	Spin	Jen	Spin studio
9:00-9:45	Yoga	Jasmine	Mind and Body Studio
9:00-9:45	Aqua	Anna	Small pool
9:15-10:00	Spin	Fitness Coach	Spin studio
9:00-9:45	Zumba Step	Jude	Studio
9:50-10:50	Tai chi	Sarah	Studio
10:00-10:45	Pilates	Anna	Mind and Body Studio
10:00-10:30	Metafit	Aaron	Lower gym
10:45-11:30	Body tone	Sarah	Studio
10:45-11:30	Aqua	Anna	Small pool
11:40-12:25	Aqua Zumba	Anna	Small pool
11:45-12:45	Zumba	Jude	Studio
18:00-18:45	Functional Fitness	James	Lower gym

<b>Tuesday 6:00 - 22:00</b>			
8:30-9:00	Aqua H.I.I.T	Jen	Small Pool
9:30-10:15	Pilates	Anna	Mind and Body Studio
9:15-10:00	Les Mills Body Pump	Clare	Studio
9:30-10:00	H.I.I.T	Fitness Coach	Lower Gym
10:10-10:40	Les Mills Body Combat	Clare	Studio
10:45-11:30	Body tone	Anna	Studio
10:30-11:15	Yoga	Julie	Mind and Body Studio
11:45-12:30	Aqua Zumba	Anna	Small Pool
11:30-12:15	Zumba Tone	Jude	Studio
18:00-19:00	Metafit	Aaron	Lower Gym
18:00-18:30	Les Mills Body Combat	Anna	Studio
18:40-19:25	Les Mills Body Pump	Anna	Studio
18:30-19:00	Spin	Sarah	Spin Studio
19:30-20:15	Yoga - Vinyasa flow	Anna	Studio
19:30-20:15	Aqua	Sophie	Small pool

<b>Thursday 6:00 - 22:00</b>			
8:30-9:15	Yoga	Jasmine	Mind and Body Studio
8:30-9:00	Aqua H.I.I.T	Jen	Small Pool
9:15-9:45	Kettlebell	Sarah	Studio
9:45-10:15	Spin	Sarah	Spin Studio
10:15-11:00	Yoga -Traditional	Sarah	Studio
11:15-12:00	Zumba Tone	Jude	Studio
18:00-18:45	Pilates	Anna	Studio
18:00-18:45	L.B.T	Sophie	Lower gym floor
18:00-19:00	Fit Kids	Kirsty	Mind and Body Studio
18:00-18:45	Spin	Fitness Coach	Spin studio
19:00-19:45	Aqua Zumba	Anna	Small Pool
19:00-19:45	Yoga - Traditional	Amy	Mind and Body Studio

<b>Saturday 7:00 - 19:00</b>			
8:30-9:15	Yoga	Amy	Mind and Body Studio
8:45-9:30	Functional Fitness	Fitness Coach	Lower Gym floor
9:30-10:15	Fitkids	Kirsty	Spin Studio
9:30-10:15	Spin	Jen	Spin Studio
9:30-10:15	Les Mills Body balance	Natalie	Studio
10:30-11:15	Les Mills Body Pump	Natalie	Studio

<b>Sunday 7:00 - 19:00</b>			
8:30-9:15	RIG	Fitness Coach	Upper gym floor
9:15-10:00	Body Balance	Anna	Studio
9:30-10:00	Spin	Fitness Coach	Spin Studio
10:15-11:00	FitKids	Kirsty	Mind and Body Studio
10:15-11:00	Les Mills Body combat	Anna	Studio