

Fitness classes

Ancholme Leisure Centre

Accurate as of 28/07/2024

Times for Thursday 1 August



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
08:00 - 08:45	Virtual Les Mills BodyCombat	Leisure Suite	Virtual instructor
09:15 - 10:15	LBT	Sports Hall	Mel
10:00 - 10:45	Virtual Les Mills BodyPump	Leisure Suite	Virtual instructor
10:15 - 11:15	Fitness pilates	Sports Hall	Mel
11:45 - 12:45	Active Lincs chair based exercise	Health & Wellbeing Studio	Elizabeth
12:15 - 13:00	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
13:00 - 13:45	Good Boost	Main Pool	Elizabeth
13:30 - 14:15	Virtual Les Mills BodyPump	Leisure Suite	Virtual instructor
16:00 - 16:30	Virtual Les Mills Core	Leisure Suite	Virtual instructor
16:00 - 17:00	Junior Gym	Gym	
18:30 - 19:15	Stretch & tone	Sports Hall	Michal
19:00 - 19:45	Virtual Les Mills Dance	Leisure Suite	Virtual instructor
19:30 - 20:30	Spartan	Sports Hall	Michal
20:00 - 20:45	Virtual Les Mills BodyBalance	Leisure Suite	Virtual instructor