

# YARBOROUGH ACTIVITY SCHEDULE Valid from 1 July 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
TREADMILL 7:30AM – 8:00AM FITNESS SUITE £2.50	TREADMILL 7:30AM – 8:00AM FITNESS SUITE £2.50	TREADMILL 7:30AM – 8:00AM FITNESS SUITE £2.50	TREADMILL 7:30AM – 8:00AM FITNESS SUITE £2.50	TREADMILL 7:30AM – 8:00AM FITNESS SUITE £2.50	TREADMILL 9:30AM – 10:00AM FITNESS SUITE £2.50	<b>FREE!</b> BODY COMBAT TECH 10:15AM – 10:30AM GYMNASIUM	<b>MORNING</b> ☀️
BOXERCISE 9:30AM – 10:15AM STUDIO £3.20	LBT (LEGS, BUMS, TUMS) 9:30AM – 10:15AM STUDIO £3.20	<b>FREE!</b> BODY PUMP TECH 9:15AM – 9:30AM STUDIO	STUDIO CYCLING 9:30AM – 10:15AM STUDIO £3.20	X-TRAIN 9:30AM – 10:00AM FITNESS SUITE £2.50	ULTIMATE CYCLING 10:00AM – 11:00AM STUDIO £3.50	BODY COMBAT 10:30AM – 11:30AM GYMNASIUM £3.50	
X-TRAIN 9:30AM – 10:00AM FITNESS SUITE £2.50	BODY BALANCE 10:15AM – 11:15AM STUDIO £3.50	BODY PUMP 9:30AM – 10:30AM STUDIO £3.50	BODY BALANCE 10:30AM – 11:30AM STUDIO £3.50	AEROBICS 9:30AM – 10:15AM STUDIO £3.20	BODY COMBAT 10:00AM – 11:00AM GYMNASIUM £3.50	BODY ATTACK 11:45AM – 12:45PM GYMNASIUM £3.50	
STRONG TO THE CORE 10:15AM – 10:45AM STUDIO £2.50	BODY BALANCE (LEARNER) 11:15AM – 11:45AM STUDIO £2.50	X-TRAIN 9:30AM – 10:00AM FITNESS SUITE £2.50		BODY PUMP 9:30AM – 11:15AM STUDIO £3.20	BODY PUMP 11:15AM – 12:15PM STUDIO £3.50		
TREADMILL 11:00AM – 11:30AM FITNESS SUITE £2.50		BODY COMBAT 10:45AM – 11:45AM STUDIO £3.50		LBT (LEGS, BUMS, TUMS) 11:30AM – 12:15PM STUDIO £2.50			
CYCLE EXPRESS 12:30PM – 1:00PM STUDIO £3.20			GENTLE AEROBICS 1:00PM – 1:45PM STUDIO £3.20	CYCLE EXPRESS 12:30PM – 1:00PM STUDIO £2.50	BODY PUMP (LEARNER) 12:30PM – 1:00PM STUDIO £2.50		<b>AFTERNOON</b> ☀️
GENTLE TONE 1:30PM – 2:15PM STUDIO £2.50			STRICTLY DANCE 2:00PM – 2:45PM STUDIO £3.20				
OVER 50'S BODY BALANCE 3:00PM – 3:45PM STUDIO £2.00			FITNESS PILATES 3:00PM – 4:00PM STUDIO £3.50				
BODY PUMP TECH 4:15PM – 4:30PM STUDIO							
BODY PUMP (LEARNER) 4:30PM – 5:00PM STUDIO £2.50							
BIKE & ABS 5:30PM – 6:30PM STUDIO £3.50	STUDIO CYCLING (LEARNER) 5:00PM – 5:30PM STUDIO £2.50	BACK CARE 4:00PM – 4:45PM GP REFERRAL ONLY	TREADMILL 5:00PM – 5:30PM FITNESS SUITE £2.50	STUDIO CYCLING (LEARNER) 5:15PM – 5:45PM STUDIO £2.50			<b>EVENING</b> 🌃
STRICTLY DANCE 5:30PM – 6:15PM GYMNASIUM £3.20	CIRCUIT TRAINING 5:00PM – 6:00PM GYMNASIUM £3.20	STRONG TO THE CORE 4:45PM – 5:15PM STUDIO £2.50	<b>FREE!</b> BODY PUMP TECH 5:15PM – 5:30PM STUDIO	BIKE & ABS 6:00PM – 7:00PM STUDIO £3.50			
BODY BLAST 6:15PM – 6:45PM GYMNASIUM £2.50	STUDIO CYCLING 5:45PM – 6:30PM STUDIO £3.20	ULTIMATE CYCLING 5:30PM – 6:30PM STUDIO £3.50	BODY PUMP 5:30PM – 6:30PM STUDIO £3.50	SALSA 6:00PM – 7:00PM GYMNASIUM £3.50			
STUDIO CYCLING 6:30PM – 7:15PM STUDIO £3.20	CIRCUIT TRAINING 6:00PM – 7:00PM GYMNASIUM £3.20	BODY JAM 6:00PM – 7:00PM GYMNASIUM £3.50	CIRCUIT TRAINING 6:00PM – 7:00PM GYMNASIUM £3.20	BODY BALANCE 7:15PM – 8:15PM STUDIO £3.50			
BODY COMBAT 6:50PM – 7:50PM GYMNASIUM £3.50	BODY PUMP 6:45PM – 7:45PM STUDIO £3.50	CHEER TONE 6:45PM – 7:45PM STUDIO £3.50	STEP AEROBICS 6:45PM – 7:45PM STUDIO £3.50				
AQUA 6:50PM – 7:30PM POOL £3.50	BODY COMBAT 8:00PM – 9:00PM STUDIO £3.50	FITNESS PILATES 7:45PM – 8:45PM STUDIO £3.50	<b>FREE!</b> BODY COMBAT TECH 7:00PM – 7:15PM GYMNASIUM				
<b>FREE!</b> BODY PUMP TECH 7:30PM – 7:45PM STUDIO			BODY COMBAT 7:15PM – 8:15PM GYMNASIUM £3.50				
BODY PUMP 7:45PM – 8:45PM STUDIO £3.50			YOGA 8:00PM – 9:00PM STUDIO £4.00				
POPMOBILITY 8:00PM – 9:00PM GYMNASIUM £3.50							

**MORNING** ☀️

**AFTERNOON** ☀️

**EVENING** 🌃

- 🟠 BODY PUMP
- 🟡 BODY BALANCE
- 🟣 BODY COMBAT
- 🟢 BODY JAM
- 🟤 BODY ATTACK

**CLASSES ARE FREE FOR YARBOROUGH LEISURE CENTRE MEMBERS\***

\* Except Yoga which is £2.50 for members

Please note you must be aged 16 years or above to attend a class.

Active Nation reserves the right to change the location, time or classes within the timetable at their discretion.

Please consider the environment before printing this timetable.

Active Nation working in partnership with City of Lincoln Council.

