

CLASS TIMETABLE

From 22nd November 2021

Monday				Tuesday				Wednesday			
06.15 - 07.00	Function Fit	⇄	TZ Claire	06.15 - 07.10	Les Mills Body Pump	⇄	S Sohaila	06.15 - 07.00	Function Fit	⇄	TZ Claire
06.15 - 07.10	Les Mills Body Pump	⇄	S Sohaila	06.15 - 07.00	Les Mills THE TRIP (J)	🚴	I Joe	06.15 - 07.00	Les Mills THE TRIP (J)	🚴	I Chantelle
06.30 - 07.00	Les Mills Sprint	🚴	I Sue	08.00 - 08.45	Les Mills THE TRIP VIRTUAL	🚴	I N/A	07.15 - 07.45	Les Mills SPRINT Virtual	🚴	I N/A
07.30 - 08.15	Les Mills RPM Virtual	🚴	I N/A	09.30 - 10.20	Les Mills THE TRIP (J)	🚴	I Maxine	08.15 - 09.00	Les Mills THE TRIP Virtual	🚴	I N/A
08.30 - 09.15	Les Mills THE TRIP Virtual	🚴	I N/A	09.30 - 10.15	Lower Body Conditioning	⇄	TZ Callum	09.30 - 10.15	Les Mills THE TRIP (J)	🚴	I Sarah
09.30 - 10.15	Les Mills Core	⇄	TZ Sarah	09.30 - 10.20	Zumba (J)	⇄	S Emma	10.30 - 11.25	Supple Strength	🧘	H Lorraine
09.30 - 10.20	Legs, Bums & Tums	⇄	S Lorraine	10.30 - 11.15	Body Fit	⇄	SH Sarah	10.30 - 11.20	Les Mills Body Combat	⇄	SH Luan
09.30 - 10.20	Les Mills THE TRIP (J)	🚴	I Luan	10.30 - 11.00	Les Mills Core	⇄	S Luan	10.30 - 11.00	Les Mills Core	⇄	S Sarah
10.30 - 11.00	HIITStep	⇄	TZ Chantelle	10.30 - 11.20	Les Mills RPM Virtual	🚴	I N/A	10.45 - 11.30	Les Mills THE TRIP Virtual	🚴	I N/A
10.30 - 11.20	Les Mills Body Pump	⇄	S Lorraine	11.30 - 12.20	Les Mills Body Combat (J)	⇄	S Sarah	11.30 - 12.30	Body Balance	🧘	H Luan
10.30 - 11.20	Les Mills THE TRIP Virtual	🚴	I N/A	11.30 - 12.20	Zumba Gold FG	⇄	SH Emma	11.30 - 12.20	Zumba (J)	⇄	SH Emma
11.30 - 12.20	Aqua Fit	⇄	P Ann	12.30 - 13.20	Active Heart Gentle Circuit FG	⇄	S Ann	12.00 - 12.50	Aqua Fit	⇄	P Lorraine
11.30 - 12.20	Les Mills Sh'Bam	⇄	S Sarah	12.30 - 13.00	Les Mills SPRINT Virtual	🚴	I N/A	12.15 - 13.00	Les Mills THE TRIP	🚴	I Joe
12.15 - 13.00	Les Mills RPM Virtual	🚴	I N/A	13.10 - 14.00	Aqua Zumba	⇄	P Emma	12.30 - 13.20	Tai Chi FG	🧘	H Larry
13.00 - 14.30	Yoga	🧘	S Lynsey	13.45 - 14.35	Chair Based Exercise FG	⇄	S Ann	16.00 - 16.30	Les Mills SPRINT Virtual	🚴	I N/A
13.00 - 13.50	Gentle Circuits FG	⇄	H Lorraine	15.00 - 16.00	Stretch & Restore Yoga FG	🧘	S Lynsey	17.30 - 18.25	Les Mills Body Pump	⇄	S Suzanne
14.30 - 15.15	Les Mills RPM Virtual	🚴	I N/A	16.15 - 17.10	Les Mills RPM Virtual	🚴	I N/A	17.30 - 18.20	Les Mills THE TRIP (J)	🚴	I Maxine
15.00 - 15.50	Zumba Gold FG	⇄	S Emma	17.00 - 17.50	Warrior Fit	⇄	TZ Callum	18.15 - 19.15	Pilates	🧘	H Cheryl
16.00 - 16.30	Les Mills SPRINT Virtual	🚴	I N/A	17.20 - 17.50	HIIT	⇄	S Maxine	18.30 - 19.00	HIIT	⇄	TZ Maxine
17.20 - 17.50	To the Max	⇄	TZ Maxine	18.00 - 18.50	Aqua Zumba	⇄	P Emma	18.30 - 19.20	Les Mills Body Combat	⇄	S Lorraine
17.30 - 18.20	Les Mills THE TRIP (J)	🚴	I Sarah	18.00 - 18.50	Circuits	⇄	SH Maxine	18.30 - 19.20	Climb Fit	⇄ XHeight	XHeight Team
17.30 - 18.15	Les Mills Body Combat	⇄	SH Lorraine	18.00 - 18.50	Les Mills THE TRIP	🚴	I Sarah	19.30 - 20.00	Les Mills SPRINT	🚴	I Cheryl
17.30 - 18.30	Yoga	🧘	H Lynsey	18.00 - 18.50	Les Mills BodyJam	⇄	H Sohaila	19.45 - 20.30	Clubbercise	⇄	SH Sarah
18.00 - 18.50	Zumba (J)	⇄	S Emma	18.00 - 18.30	Les Mills Core	⇄	TZ Chantelle				
18.30 - 19.20	Fusion	⇄	SH Maxine	18.00 - 18.50	Step and Shape	⇄	S Janet				
18.30 - 19.20	Climb Fit	⇄ XHeight	XHeight Team	19.00 - 19.50	Body Fit	⇄	SH Sarah				
18.45 - 19.30	Les Mills RPM (J)	🚴	I Dave	19.00 - 19.30	Les Mills SPRINT	🚴	I Sue				
19.00 - 19.50	Les Mills Body Pump	⇄	S Suzanne	19.30 - 20.25	Les Mills Body Balance	🧘	H Cheryl				
20.00 - 20.50	Legs, Bums & Tums	⇄	SH Lorraine	19.30 - 20.25	Les Mills Body Pump	⇄	S Sohaila				

Thursday				Friday				Saturday			
06.15 - 07.00	Les Mills THE TRIP	🚴	I Chantelle	06.00 - 06.50	Les Mills THE TRIP	🚴	I Joe	08.15 - 09.00	Les Mills RPM (J)	🚴	I Dave
07.30 - 08.15	Les Mills THE TRIP Virtual	🚴	I N/A	07.00 - 07.45	Les Mills THE TRIP Virtual	🚴	I N/A	08.15 - 09.10	Weekend Wake Up	⇄	TZ Claire
09.15 - 10.00	Les Mills THE TRIP Virtual	🚴	I N/A	09.15 - 10.00	Les Mills Body Pump	⇄	S Lorraine	09.00 - 09.55	Les Mills Body Pump	⇄	S Suzanne
09.30 - 10.15	Body Fit	⇄	SH Sarah	09.30 - 10.20	Les Mills THE TRIP (J)	🚴	I Maxine	09.30 - 10.20	Les Mills THE TRIP (J)	🚴	I Sarah
09.30 - 10.00	HIIT	⇄	S Maxine	09.45 - 10.15	Metabolic Fit	⇄	TZ Claire	10.30 - 11.20	Body Fit	⇄	S Sarah
09.30 - 10.20	Yoga	🧘	H Cheryl	10.30 - 11.20	Zumba (J)	⇄	SH Emma	11.15 - 12.00	Les Mills THE TRIP Virtual	🚴	I N/A
10.15 - 11.05	Les Mills THE TRIP	🚴	I Maxine	10.30 - 11.15	Function Fit	⇄	S Claire	14.15 - 15.00	Les Mills RPM Virtual	🚴	I N/A
10.30 - 11.25	Les Mills Body Pump	⇄	S Lorraine	10.30 - 11.20	Les Mills THE TRIP (J)	🚴	I Chantelle	15.00 - 16.00	Les Mills BodyJam (J)	⇄	S Sohaila
10.30 - 11.00	Les Mills Core	⇄	TZ Sarah	12.00 - 12.50	ABC Circuit FG	⇄	SH Ann	15.15 - 15.45	Les Mills SPRINT Virtual	🚴	I N/A
11.00 - 11.50	Otago FG	🧘	H Ann	12.10 - 13.00	Les Mills RPM Virtual	🚴	I N/A				
12.30 - 13.00	Les Mills SPRINT Virtual	🚴	I N/A	13.00 - 13.50	Aqua Fit	⇄	P Tony				
13.00 - 13.50	Aqua Zumba	⇄	P Emma	13.30 - 14.20	Zumba Gold	⇄	SH Emma				
13.45 - 14.35	Chair Based FG	⇄	S Lorraine	16.00 - 16.45	Les Mills RPM Virtual	🚴	I N/A				
14.15 - 15.00	Les Mills RPM Virtual	🚴	I N/A	17.30 - 18.20	Bootcamp	⇄	TZ Sam				
15.45 - 16.35	Les Mills RPM Virtual	🚴	I N/A	17.30 - 18.20	Les Mills RPM	🚴	I Dave				
17.30 - 18.20	Les Mills Body Conditioning	⇄	S Janet	17.30 - 18.20	Les Mills Body Combat (J)	⇄	S Luan				
17.30 - 18.00	Les Mills SPRINT	🚴	I Cheryl	17.30 - 18.20	Zumba (J)	⇄	SH Emma				
17.30 - 18.00	Les Mills Core	⇄	TZ Sarah	18.30 - 19.30	Les Mills Body Balance	🧘	H Luan				
17.30 - 18.20	Supple Strength	🧘	H Lorraine	18.30 - 19.20	Les Mills THE TRIP (J)	🚴	I Sam				
18.30 - 19.30	Strength Coaching	⇄	TZ Callum	18.30 - 19.25	Les Mills Body Pump	⇄	S Sohaila				
18.30 - 19.20	Les Mills Body Combat	⇄	H Sohaila								
18.45 - 19.30	Les Mills RPM (J)	🚴	I Dave								
19.00 - 19.50	Body Fit	⇄	S Sarah								
19.30 - 20.20	Les Mills THE TRIP	🚴	I Joe								
19.45 - 20.30	Les Mills Sh'Bam	⇄	SH Sohaila								

Sunday			
08.30 - 09.20	Les Mills RPM	🚴	I Dave
08.30 - 09.20	Body Fit	⇄	SH Sarah
09.30 - 10.20	Les Mills THE TRIP (J)	🚴	I Sarah
10.30 - 11.20	Les Mills Body Combat (J)	⇄	S Sarah
14.15 - 15.00	Les Mills THE TRIP Virtual	🚴	I N/A
15.00 - 16.00	Les Mills Sh'Bam	⇄	S Sarah
15.15 - 15.45	Les Mills SPRINT Virtual	🚴	I N/A

Training Zone & Gym Sessions £10

All classes £6.50

except for Go Card users and Members

Book online at lancaster.gov.uk/fitnessclasses

Key

G : Gym S : Studio
I : Immersive Studio

TZ : Training Zone
P : Swimming Pool

O : Outside SH : Sports Hall
H : The Hub



Cycling



Strength



Mind/Body



Cardio



FG class included in feelgood membership



(J) class included in Junior Gym membership

We operate a three strikes policy, where by if you book but do not attend or do not cancel your booking 2 hours prior to the activity start time your future bookings will be suspended.

See website for more details & Ts & Cs