

CLASS TIMETABLE

From 4th January 2022

Monday				Tuesday				Wednesday			
06.15 - 07.00	Function Fit	TH	TZ Claire	06.15 - 07.10	Les Mills Body Pump	TH	S Sohaila	06.15 - 07.00	Function Fit	TH	TZ Claire
06.15 - 07.10	Les Mills Body Pump	TH	S Sohaila	06.15 - 07.00	Les Mills THE TRIP (J)	IC	I Joe	06.15 - 07.00	Les Mills THE TRIP (J)	IC	I Chantelle
06.30 - 07.00	Les Mills Sprint	IC	I Sue	08.00 - 08.45	Les Mills THE TRIP Virtual	IC	I N/A	07.15 - 07.45	Les Mills SPRINT Virtual	IC	I N/A
07.30 - 08.15	Les Mills RPM Virtual	IC	I N/A	09.30 - 10.20	Les Mills THE TRIP (J)	IC	I Maxine	08.15 - 09.00	Les Mills THE TRIP Virtual	IC	I N/A
08.30 - 09.15	Les Mills THE TRIP Virtual	IC	I N/A	09.30 - 10.15	Lower Body Conditioning	TH	TZ Callum	09.30 - 10.20	Les Mills Body Pump	TH	S Sohaila
09.30 - 10.20	Legs, Bums & Tums	TH	S Lorraine	09.30 - 10.20	Zumba (J)	TH	S Emma	09.30 - 10.20	Les Mills THE TRIP (J)	IC	I Maxine
09.30 - 10.20	Les Mills THE TRIP (J)	IC	I Luan	10.30 - 11.20	Les Mills Body Attack	TH	SH Lorraine	10.30 - 11.20	Les Mills Body Combat	TH	SH Luan
10.30 - 11.00	HIITStep	TH	TZ Chantelle	10.30 - 11.00	Les Mills Core	TH	S Chantelle	10.30 - 11.20	Les Mills Sh'Bam	TH	S Sohaila
10.30 - 11.20	Les Mills Body Pump	TH	S Lorraine	10.30 - 11.20	Les Mills RPM Virtual	IC	I N/A	10.30 - 11.30	Nordic Walking FG	TH	O Jill
10.30 - 11.20	Les Mills THE TRIP Virtual	IC	I N/A	11.30 - 12.20	Les Mills Body Combat	TH	S Lorraine	10.30 - 11.20	Tabata	TH	TZ Chantelle
11.30 - 12.20	Aqua Fit FG	TH	P Ann	11.30 - 12.20	Zumba Gold FG	TH	SH Emma	10.30 - 11.20	Supple Strength	TH	H Lorraine
11.30 - 12.20	Zumba (J)	TH	S Emma	12.30 - 13.20	Active Heart Gentle Circuit FG	TH	S Ann	10.45 - 11.30	Les Mills THE TRIP Virtual	IC	I N/A
12.15 - 13.00	Les Mills RPM Virtual	IC	I N/A	12.30 - 13.00	Les Mills SPRINT Virtual	IC	I N/A	11.30 - 12.20	Body Balance	TH	H Luan
13.00 - 14.30	Yoga	TH	S Lynsey	13.10 - 14.00	Aqua Zumba FG	TH	P Emma	11.30 - 12.20	Zumba (J)	TH	SH Emma
13.00 - 13.50	Gentle Circuits FG	TH	H Lorraine	13.45 - 14.35	Chair Based Exercise FG	TH	S Ann	12.00 - 12.50	Aqua Fit FG	TH	P Lorraine
14.30 - 15.15	Les Mills RPM Virtual	IC	I N/A	15.00 - 16.00	Stretch & Restore Yoga FG	TH	S Lynsey	12.15 - 13.00	Les Mills THE TRIP (J)	IC	I Joe
15.00 - 15.50	Zumba Gold FG	TH	S Emma	16.15 - 17.10	Les Mills RPM Virtual	IC	I N/A	12.30 - 13.20	Tai Chi FG	TH	H Larry
16.00 - 16.30	Les Mills SPRINT Virtual	IC	I N/A	17.00 - 17.50	Warrior Fit	TH	TZ Callum	16.00 - 16.30	Les Mills SPRINT Virtual	IC	I N/A
17.20 - 17.50	To the Max	TH	TZ Maxine	17.20 - 17.50	HIIT	TH	S Maxine	17.15 - 17.45	HIIT	TH	TZ Maxine
17.30 - 18.20	Les Mills THE TRIP (J)	IC	I Joe	18.00 - 18.50	Aqua Zumba FG	TH	P Emma	17.30 - 18.25	Les Mills Body Pump	TH	S Suzanne
17.30 - 18.15	Les Mills Body Attack	TH	SH Lorraine	18.00 - 18.50	Circuits	TH	SH Maxine	17.50 - 18.40	Les Mills THE TRIP (J)	IC	I Maxine
17.30 - 18.30	Yoga	TH	H Lynsey	18.00 - 18.50	Les Mills THE TRIP (J)	IC	I Joe	18.15 - 19.15	Pilates	TH	H Cheryl
18.00 - 18.50	Zumba (J)	TH	S Emma	18.00 - 19.00	Les Mills BodyJam (J)	TH	H Sohaila	18.30 - 19.20	Les Mills Body Combat	TH	S Lorraine
18.30 - 19.20	Circuits	TH	SH Maxine	18.00 - 18.45	Les Mills Core	TH	TZ Chantelle	18.30 - 19.20	Climb Fit	TH XHeight	XHeight Team
18.30 - 19.20	Climb Fit	TH XHeight	XHeight Team	18.00 - 18.50	Step and Shape	TH	S Janet	19.30 - 20.20	Les Mills Body Attack	TH	S Joe
18.45 - 19.30	Les Mills RPM (J)	IC	I Dave	19.00 - 19.50	Les Mills Body Attack	TH	SH Joe	19.30 - 20.00	Les Mills SPRINT	IC	I Cheryl
19.00 - 19.50	Les Mills Body Pump	TH	S Suzanne	19.00 - 19.30	Les Mills SPRINT	IC	I Sue				
20.00 - 20.50	Legs, Bums & Tums	TH	SH Lorraine	19.30 - 20.25	Les Mills Body Balance	TH	H Cheryl				
				19.30 - 20.25	Les Mills Body Pump	TH	S Sohaila				

Thursday				Friday				Saturday			
06.15 - 07.00	Les Mills Body Combat	TH	S Sohaila	06.15 - 07.00	Bootcamp	TH	TZ Chantelle	08.15 - 09.00	Les Mills RPM (J)	IC	I Dave
06.15 - 07.00	Les Mills THE TRIP (J)	IC	I Chantelle	06.15 - 07.00	Les Mills THE TRIP (J)	IC	I Joe	08.15 - 09.10	Weekend Wake Up	TH	TZ Claire
07.30 - 08.15	Les Mills THE TRIP Virtual	IC	I N/A	07.15 - 08.00	Les Mills THE TRIP Virtual	IC	I N/A	09.00 - 09.55	Les Mills Body Pump	TH	S Suzanne
09.30 - 10.20	Les Mills Body Attack	TH	S Lorraine	09.15 - 10.00	Les Mills Body Pump	TH	S Lorraine	09.30 - 10.20	Les Mills THE TRIP (J)	IC	I Joe
09.30 - 10.20	Les Mills THE TRIP (J)	IC	I Maxine	09.30 - 10.20	Les Mills THE TRIP (J)	IC	I Maxine	10.30 - 11.20	Les Mills Body Attack	TH	S Joe
09.30 - 10.20	Yoga	TH	H Cheryl	09.45 - 10.15	Metabolic Fit	TH	TZ Claire	11.15 - 12.00	Les Mills THE TRIP Virtual	IC	I N/A
10.30 - 11.25	Les Mills Body Pump	TH	S Lorraine	10.30 - 11.20	Zumba (J)	TH	SH Emma	14.15 - 15.00	Les Mills RPM Virtual	IC	I N/A
10.30 - 11.00	Tabata Blast	TH	TZ Chantelle	10.30 - 11.15	Function Fit	TH	S Claire	15.00 - 16.00	Les Mills BodyJam (J)	TH	S Sohaila
11.00 - 11.50	Otago FG	TH	H Ann	10.30 - 11.20	Les Mills THE TRIP (J)	IC	I Chantelle	15.15 - 15.45	Les Mills SPRINT Virtual	IC	I N/A
12.30 - 13.00	Les Mills SPRINT Virtual	IC	I N/A	12.00 - 12.50	ABC Circuit FG	TH	SH Ann				
13.00 - 13.50	Aqua Zumba FG	TH	P Emma	12.10 - 13.00	Les Mills RPM Virtual	IC	I N/A				
14.15 - 15.10	Chair Based FG	TH	S Lorraine	13.00 - 13.50	Aqua Fit FG	TH	P Tony				
14.15 - 15.00	Les Mills RPM Virtual	IC	I N/A	13.30 - 14.20	Zumba Gold FG	TH	SH Emma				
15.45 - 16.35	Les Mills RPM Virtual	IC	I N/A	16.00 - 16.45	Les Mills RPM Virtual	IC	I N/A				
17.30 - 18.20	Total Body Conditioning	TH	S Janet	17.30 - 18.20	Bootcamp	TH	TZ Sam				
17.30 - 18.00	Les Mills SPRINT	IC	I Cheryl	17.30 - 18.20	Les Mills RPM (J)	IC	I Dave				
17.30 - 18.20	Supple Strength	TH	H Lorraine	17.30 - 18.20	Les Mills Body Combat	TH	S Luan				
18.30 - 19.20	Fusion	TH	S Maxine	17.30 - 18.20	Zumba (J)	TH	SH Emma				
18.30 - 19.30	Strength Coaching	TH	TZ Callum	18.30 - 19.30	Les Mills Body Balance	TH	H Luan				
18.30 - 19.20	Les Mills Body Combat	TH	H Sohaila	18.30 - 19.20	Les Mills THE TRIP (J)	IC	I Sam				
18.30 - 19.20	Les Mills RPM (J)	IC	I Dave	18.30 - 19.25	Les Mills Body Pump	TH	S Sohaila				
19.30 - 20.20	Les Mills Sh'Bam (J)	TH	S Sohaila								
19.30 - 20.20	Les Mills THE TRIP (J)	IC	I Joe								
19.45 - 20.30	Legs, Bums & Tums	TH	SH Lorraine								

Sunday			
08.30 - 09.20	Les Mills RPM (J)	IC	I Dave
08.30 - 09.20	Tabata	TH	SH Chantelle
09.30 - 10.20	Les Mills Body Combat	TH	S Sohaila
09.30 - 10.20	Les Mills THE TRIP Virtual	IC	I N/A
10.30 - 11.20	Pilates	TH	S Tina
14.15 - 15.00	Les Mills THE TRIP Virtual	IC	I N/A
15.15 - 15.45	Les Mills SPRINT Virtual	IC	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