

SUMMER CLASS TIMETABLE

15th - 21st August

Monday

06.15 - 07.00	Function Fit	Ⓞ	Gym Team
06.15 - 07.10	Les Mills Body Pump	Ⓞ	S Sohaila
06.30 - 07.00	Les Mills SPRINT Virtual	Ⓞ	I N/A
07.30 - 08.15	Les Mills RPM Virtual	Ⓞ	I N/A
08.30 - 09.15	Les Mills THE TRIP Virtual	Ⓞ	I N/A
09.30 - 10.20	Legs, Bums & Tums	Ⓞ	S Lorraine
09.30 - 10.20	Les Mills THE TRIP (J)	Ⓞ	I Sue
10.00 - 10.30	HIITStep	Ⓞ	O Chantelle
10.30 - 11.20	Les Mills Body Pump	Ⓞ	S Lorraine
10.30 - 11.20	Les Mills THE TRIP Virtual	Ⓞ	I N/A
11.30 - 12.20	Aqua Fit FG	Ⓞ	P Lorraine
11.30 - 12.20	Les Mills Body Balance	Ⓞ	H Tina
11.30 - 12.20	Zumba (J)	Ⓞ	S Emma
12.15 - 13.00	Les Mills RPM Virtual	Ⓞ	I N/A
13.00 - 14.30	Yoga	Ⓞ	S Lynsey
13.00 - 13.50	Gentle Circuits FG	Ⓞ	H Lorraine
14.30 - 15.15	Les Mills RPM Virtual	Ⓞ	I N/A
15.00 - 15.50	Zumba Gold FG	Ⓞ	S Emma
16.00 - 16.30	Les Mills SPRINT Virtual	Ⓞ	I N/A
17.30 - 18.20	Les Mills THE TRIP (J)	Ⓞ	I Joe
17.30 - 18.15	Les Mills Body Attack	Ⓞ	SH Lorraine
17.30 - 18.30	Yoga	Ⓞ	H Lynsey
18.00 - 18.50	Zumba (J)	Ⓞ	S Emma
18.30 - 19.20	Circuits	Ⓞ	SH Sadie
18.30 - 19.20	Climb Fit	Ⓞ XHeight	XHeight Team
18.45 - 19.30	Les Mills RPM (J)	Ⓞ	I Dave
19.00 - 19.50	Les Mills Body Pump	Ⓞ	S Suzanne
20.00 - 20.50	Legs, Bums & Tums	Ⓞ	S Lorraine

Tuesday

06.15 - 07.10	Les Mills Body Pump	Ⓞ	S Sohaila
06.15 - 07.00	Les Mills THE TRIP (J)	Ⓞ	I Joe
08.00 - 08.45	Les Mills THE TRIP Virtual	Ⓞ	I N/A
09.30 - 10.20	Les Mills THE TRIP (J)	Ⓞ	I Joe
09.30 - 10.15	Lower Body Conditioning	Ⓞ	O Callum
09.30 - 10.20	Zumba (J)	Ⓞ	S Emma
10.30 - 11.20	Les Mills Body Attack	Ⓞ	SH Lorraine
10.30 - 11.00	Les Mills Core	Ⓞ	S Chantelle
10.30 - 11.20	Les Mills RPM Virtual	Ⓞ	I N/A
11.30 - 12.20	Les Mills Body Combat	Ⓞ	S Lorraine
11.30 - 12.20	Zumba Gold FG	Ⓞ	SH Emma
12.30 - 13.20	Active Heart Gentle Circuit FG	Ⓞ	S Jill
12.30 - 13.00	Les Mills SPRINT Virtual	Ⓞ	I N/A
13.10 - 14.00	Aqua Zumba FG	Ⓞ	P Emma
13.45 - 14.35	Chair Based Exercise FG	Ⓞ	S Jill
15.00 - 16.00	Stretch & Restore Yoga FG	Ⓞ	S Lynsey
16.15 - 17.10	Les Mills RPM Virtual	Ⓞ	I N/A
17.00 - 17.50	Warrior Fit	Ⓞ SH/O	Callum
17.20 - 17.50	HIITStep	Ⓞ	S Chantelle
18.00 - 18.50	Aqua Zumba FG	Ⓞ	P Emma
18.00 - 18.50	Circuits	Ⓞ	SH Alex
18.00 - 18.50	Les Mills THE TRIP (J)	Ⓞ	I Joe
18.00 - 19.00	Les Mills BodyJam (J)	Ⓞ	H Sohaila
18.00 - 18.45	Les Mills Core	Ⓞ	S Chantelle
18.00 - 18.50	Box Fit	Ⓞ	O Callum
19.00 - 19.30	Les Mills SPRINT	Ⓞ	I Sue
19.05 - 20.00	Les Mills Body Balance	Ⓞ	H Cheryl
19.15 - 20.10	Les Mills Body Pump	Ⓞ	S Sohaila

Wednesday

06.15 - 07.00	Les Mills Body Attack	Ⓞ	S Joe
06.15 - 07.00	Les Mills THE TRIP Virtual	Ⓞ	I N/A
07.15 - 07.45	Les Mills SPRINT Virtual	Ⓞ	I N/A
08.15 - 09.00	Les Mills THE TRIP Virtual	Ⓞ	I N/A
09.30 - 10.20	Les Mills Body Pump	Ⓞ	S Sohaila
09.30 - 10.20	Les Mills THE TRIP (J)	Ⓞ	I Chantelle
10.30 - 11.30	Nordic Walking	Ⓞ	O Jill
10.30 - 11.20	Les Mills Sh'Bam	Ⓞ	S Sohaila
10.30 - 11.20	Tabata	Ⓞ	SH Chantelle
10.30 - 11.20	Supple Strength	Ⓞ	H Lorraine
10.45 - 11.30	Les Mills THE TRIP Virtual	Ⓞ	I N/A
11.30 - 12.20	Flex & Balance	Ⓞ	H Sadie
11.30 - 12.20	Clubbercise (J)	Ⓞ	SH Emma
12.00 - 12.50	Aqua Fit FG	Ⓞ	P Lorraine
12.15 - 13.00	Les Mills THE TRIP Virtual	Ⓞ	I N/A
12.30 - 13.20	Tai Chi FG	Ⓞ	H Larry
13.30 - 14.20	Seated Tai Chi FG	Ⓞ	H Larry
16.00 - 16.30	Les Mills SPRINT Virtual	Ⓞ	I N/A
17.30 - 18.25	Les Mills Body Pump	Ⓞ	S Suzanne
18.00 - 18.50	Circuits	Ⓞ	O Alex
18.15 - 19.15	Pilates	Ⓞ	H Cheryl
18.30 - 19.20	Les Mills Body Combat	Ⓞ	S Lorraine
18.30 - 19.20	Les Mills THE TRIP	Ⓞ	I Joe
18.30 - 19.20	Climb Fit	Ⓞ XHeight	XHeight Team
19.30 - 20.20	Les Mills Body Attack	Ⓞ	S Joe
19.30 - 20.20	Groove It	Ⓞ	H Tina
19.30 - 20.00	Les Mills Sprint	Ⓞ	I Cheryl

Thursday

06.15 - 07.00	Les Mills THE TRIP (J)	Ⓞ	I Chantelle
07.30 - 08.15	Les Mills THE TRIP Virtual	Ⓞ	I N/A
09.30 - 10.20	Les Mills Body Attack	Ⓞ	S Lorraine
09.30 - 10.20	Les Mills THE TRIP (J)	Ⓞ	I Sue
09.30 - 10.20	Yoga	Ⓞ	H Cheryl
10.00 - 10.30	Tabata Blast	Ⓞ	O Chantelle
10.30 - 11.25	Les Mills Body Pump	Ⓞ	S Lorraine
10.30 - 11.00	Les Mills Core	Ⓞ	O Chantelle
11.00 - 11.50	Otago FG	Ⓞ	H Ann
12.30 - 13.00	Les Mills SPRINT Virtual	Ⓞ	I N/A
13.00 - 13.50	Aqua Zumba FG	Ⓞ	P Emma
14.15 - 15.10	Chair Based FG	Ⓞ	S Lorraine
14.15 - 15.00	Les Mills RPM Virtual	Ⓞ	I N/A
15.45 - 16.35	Les Mills RPM Virtual	Ⓞ	I N/A
17.15 - 18.00	Beat the Heat	Ⓞ	O Callum/Chantelle
17.30 - 18.20	Total Body Conditioning	Ⓞ	S Janet
17.30 - 18.00	Les Mills SPRINT	Ⓞ	I Cheryl
17.30 - 18.20	Supple Strength	Ⓞ	H Lorraine
18.30 - 19.20	Les Mills Body Combat	Ⓞ	S Sohaila
18.30 - 19.20	Les Mills RPM (J)	Ⓞ	I Dave
19.30 - 20.20	Les Mills Sh'Bam (J)	Ⓞ	S Sohaila
19.30 - 20.20	Les Mills THE TRIP (J)	Ⓞ	I Joe

Friday

06.15 - 07.00	Bootcamp	Ⓞ	O Chantelle
06.15 - 07.00	Les Mills THE TRIP (J)	Ⓞ	I Joe
07.15 - 08.00	Les Mills THE TRIP Virtual	Ⓞ	I N/A
09.15 - 10.00	Les Mills Body Pump	Ⓞ	S Lorraine
09.30 - 10.20	Les Mills THE TRIP (J)	Ⓞ	I Sue
09.30 - 10.20	Pilates	Ⓞ	H Tina
10.30 - 11.20	Zumba (J)	Ⓞ	SH Emma
10.30 - 11.15	Function Fit	Ⓞ	S Alex
10.30 - 11.20	Les Mills THE TRIP (J)	Ⓞ	I Chantelle
12.00 - 12.50	ABC Circuit FG	Ⓞ	SH Jill
12.10 - 13.00	Les Mills RPM Virtual	Ⓞ	I N/A
13.00 - 13.50	Aqua Fit FG	Ⓞ	P Tony
13.30 - 14.20	Zumba Gold FG	Ⓞ	SH Emma
16.00 - 16.45	Les Mills RPM Virtual	Ⓞ	I N/A
17.30 - 18.20	Bootcamp	Ⓞ	O Sam
17.30 - 18.20	Les Mills RPM (J)	Ⓞ	I Dave
17.30 - 18.20	Les Mills Body Combat	Ⓞ	S Sohaila
17.30 - 18.20	Zumba (J)	Ⓞ	SH Emma
18.30 - 19.20	Les Mills THE TRIP (J)	Ⓞ	I Sam
18.30 - 19.20	Les Mills Body Balance	Ⓞ	H Tina
18.30 - 19.25	Les Mills Body Pump	Ⓞ	S Sohaila

Saturday

08.15 - 09.00	Les Mills RPM (J)	Ⓞ	I Dave
08.15 - 09.10	Weekend Wake Up	Ⓞ	O Alex
09.00 - 09.55	Les Mills Body Pump	Ⓞ	S Suzanne
09.10 - 10.00	Les Mills THE TRIP (J)	Ⓞ	I Joe
09.30 - 10.20	Flex & Balance	Ⓞ	H Sadie
10.15 - 11.05	Les Mills Body Attack	Ⓞ	S Joe
11.15 - 12.00	Les Mills THE TRIP Virtual	Ⓞ	I N/A
11.30 - 12.20	Les Mills BodyJam (J)	Ⓞ	S Sohaila
14.15 - 15.00	Les Mills RPM Virtual	Ⓞ	I N/A
15.15 - 15.45	Les Mills SPRINT Virtual	Ⓞ	I N/A

Sunday

08.30 - 09.20	Les Mills Body Pump	Ⓞ	S Joe
08.30 - 09.20	Les Mills RPM	Ⓞ	I Dave
08.30 - 09.20	Tabata	Ⓞ	SH Chantelle
09.30 - 10.20	Les Mills Body Combat	Ⓞ	S Sohaila
09.30 - 10.20	Les Mills THE TRIP	Ⓞ	I Joe
10.30 - 11.20	Pilates	Ⓞ	S Tina
11.30 - 12.20	Zumba	Ⓞ	S Naomi
14.15 - 15.00	Les Mills THE TRIP Virtual	Ⓞ	I N/A
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

Al Fresco Classes

Try our outdoor classes come rain or shine throughout the Summer.

These classes are particularly effective if you are training towards the Born Survivor Challenge in September! For more info and to join our Born Survivor team email healthandfitness@lancaster.gov.uk

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

SUMMER CLASS TIMETABLE

29th August - 4th September

Monday - Bank Holiday Centre Closed

Tuesday

06.15 - 07.10	Les Mills Body Pump	SH	S	Sohaila
06.15 - 07.00	Les Mills THE TRIP (J)	I	I	Joe
08.00 - 08.45	Les Mills THE TRIP Virtual	I	N/A	
09.30 - 10.20	Les Mills THE TRIP (J)	I	I	Joe
09.30 - 10.20	Zumba (J)	S	S	Emma
10.30 - 11.20	Les Mills Body Attack	SH	L	Lorraine
10.30 - 11.00	Les Mills Core	S	S	Chantelle
10.30 - 11.20	Les Mills RPM Virtual	I	N/A	
11.30 - 12.20	Les Mills Body Combat	S	L	Lorraine
11.30 - 12.20	Zumba Gold FG	SH	S	Emma
12.30 - 13.20	Active Heart Gentle Circuit FG	S	S	Jill
12.30 - 13.00	Les Mills SPRINT Virtual	I	N/A	
13.10 - 14.00	Aqua Zumba FG	P	S	Emma
13.45 - 14.35	Chair Based Exercise FG	S	S	Jill
15.00 - 16.00	Stretch & Restore Yoga FG	S	L	Lynsey
16.15 - 17.10	Les Mills RPM Virtual	I	N/A	
17.20 - 17.50	HIITStep	S	S	Chantelle
18.00 - 18.50	Aqua Zumba FG	P	S	Emma
18.00 - 18.50	Circuits	SH	S	Alex
18.00 - 18.50	Les Mills THE TRIP (J)	I	I	Joe
18.00 - 19.00	Les Mills BodyJam (J)	H	S	Sohaila
18.00 - 18.45	Les Mills Core	S	S	Chantelle
19.00 - 19.30	Les Mills SPRINT	I	S	Sue
19.05 - 20.00	Les Mills Body Balance	H	S	Cheryl
19.15 - 20.10	Les Mills Body Pump	S	S	Sohaila

Wednesday

06.15 - 07.00	Les Mills Body Attack	S	S	Joe
06.15 - 07.00	Les Mills THE TRIP Virtual	I	N/A	
07.15 - 07.45	Les Mills SPRINT Virtual	I	N/A	
08.15 - 09.00	Les Mills THE TRIP Virtual	I	N/A	
09.30 - 10.20	Les Mills Body Pump	S	S	Sohaila
09.30 - 10.20	Les Mills THE TRIP (J)	I	S	Chantelle
10.30 - 11.30	Nordic Walking	O	S	Jill
10.30 - 11.20	Les Mills Sh'Bam	S	S	Sohaila
10.30 - 11.20	Tabata	SH	S	Chantelle
10.30 - 11.20	Supple Strength	H	L	Lorraine
10.45 - 11.30	Les Mills THE TRIP Virtual	I	N/A	
11.30 - 12.20	Flex & Balance	H	S	Sadie
11.30 - 12.20	Clubbercise (J)	SH	S	Emma
12.00 - 12.50	Aqua Fit FG	P	S	Lorraine
12.15 - 13.00	Les Mills THE TRIP Virtual	I	N/A	
12.30 - 13.20	Tai Chi FG	H	L	Larry
13.30 - 14.20	Seated Tai Chi FG	H	L	Larry
16.00 - 16.30	Les Mills SPRINT Virtual	I	N/A	
17.30 - 18.25	Les Mills Body Pump	S	S	Suzanne
18.00 - 18.50	Circuits	O	S	Alex
18.15 - 19.15	Pilates	H	S	Cheryl
18.30 - 19.20	Les Mills Body Combat	S	L	Lorraine
18.30 - 19.20	Les Mills THE TRIP	I	I	Joe
18.30 - 19.20	Climb Fit	XHeight	XHeight Team	
19.30 - 20.20	Les Mills Body Attack	S	S	Joe
19.30 - 20.20	Groove It	H	S	Tina
19.30 - 20.00	Les Mills Sprint	I	S	Cheryl

Thursday

06.15 - 07.00	Les Mills THE TRIP (J)	I	S	Chantelle
07.30 - 08.15	Les Mills THE TRIP Virtual	I	N/A	
09.30 - 10.20	Les Mills Body Attack	S	L	Lorraine
09.30 - 10.20	Les Mills THE TRIP (J)	I	S	Sue
09.30 - 10.20	Yoga	H	S	Cheryl
10.30 - 11.25	Les Mills Body Pump	S	L	Lorraine
11.00 - 11.50	Otago FG	H	S	Ann
12.30 - 13.00	Les Mills SPRINT Virtual	I	N/A	
13.00 - 13.50	Aqua Zumba FG	P	S	Emma
14.15 - 15.10	Chair Based FG	S	L	Lorraine
14.15 - 15.00	Les Mills RPM Virtual	I	N/A	
15.45 - 16.35	Les Mills RPM Virtual	I	N/A	
17.15 - 18.00	Beat the Heat	O	S	Callum/Chantelle
17.30 - 18.20	Total Body Conditioning	S	L	Janet
17.30 - 18.00	Les Mills SPRINT	I	S	Cheryl
17.30 - 18.20	Supple Strength	H	L	Lorraine
18.30 - 19.20	Les Mills Body Combat	S	L	Sohaila
18.30 - 19.20	Les Mills RPM (J)	I	S	Dave
19.30 - 20.20	Les Mills Sh'Bam (J)	S	L	Sohaila
19.30 - 20.20	Les Mills THE TRIP (J)	I	I	Joe

Friday

06.15 - 07.00	Les Mills THE TRIP (J)	I	I	Joe
07.15 - 08.00	Les Mills THE TRIP Virtual	I	N/A	
09.15 - 10.00	Les Mills Body Pump	S	L	Lorraine
09.30 - 10.20	Les Mills THE TRIP (J)	I	S	Sue
09.30 - 10.20	Pilates	H	S	Tina
10.30 - 11.20	Zumba (J)	SH	S	Emma
10.30 - 11.15	Function Fit	S	S	Alex
10.30 - 11.20	Les Mills THE TRIP (J)	I	S	Chantelle
12.00 - 12.50	ABC Circuit FG	SH	S	Jill
12.10 - 13.00	Les Mills RPM Virtual	I	N/A	
13.00 - 13.50	Aqua Fit FG	P	S	Tony
13.30 - 14.20	Zumba Gold FG	SH	S	Emma
16.00 - 16.45	Les Mills RPM Virtual	I	N/A	
17.30 - 18.20	Bootcamp	O	S	Sam
17.30 - 18.20	Les Mills RPM (J)	I	S	Dave
17.30 - 18.20	Les Mills Body Combat	S	L	Sohaila
17.30 - 18.20	Zumba (J)	SH	S	Emma
18.30 - 19.20	Les Mills THE TRIP (J)	I	S	Sam
18.30 - 19.20	Les Mills Body Balance	H	S	Tina
18.30 - 19.25	Les Mills Body Pump	S	L	Sohaila

Saturday

08.15 - 09.00	Les Mills RPM (J)	I	S	Dave
08.15 - 09.10	Weekend Wake Up	O	S	Alex
09.00 - 09.55	Les Mills Body Pump	S	S	Suzanne
09.10 - 10.00	Les Mills THE TRIP (J)	I	S	Joe
09.30 - 10.20	Flex & Balance	H	S	Sadie
10.15 - 11.05	Les Mills Body Attack	S	L	Joe
11.15 - 12.00	Les Mills THE TRIP Virtual	I	N/A	
11.30 - 12.20	Les Mills BodyJam (J)	S	L	Sohaila
14.15 - 15.00	Les Mills RPM Virtual	I	N/A	
15.15 - 15.45	Les Mills SPRINT Virtual	I	N/A	

Sunday

08.30 - 09.20	Les Mills Body Pump	S	S	Joe
08.30 - 09.20	Les Mills RPM	I	S	Dave
08.30 - 09.20	Tabata	SH	S	Chantelle
09.30 - 10.20	Les Mills Body Combat	S	L	Sohaila
09.30 - 10.20	Les Mills THE TRIP	I	S	Joe
10.30 - 11.20	Pilates	S	L	Tina
11.30 - 12.20	Zumba	S	L	Naomi
14.15 - 15.00	Les Mills THE TRIP Virtual	I	N/A	
15.15 - 15.45	Les Mills SPRINT Virtual	I	N/A	

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