

# Meridian Leisure Centre Fitness and Main Pool Programme

## 14th-20th September

Instructor-led  
Classes Instructor:

**LAURA**

Tuesday & Wednesday &  
Friday  
Aquacise

### LANE SWIMMING

Our Lane Swimming  
sessions will include  
single and double lanes  
only.

### GENERAL SWIM

Our general swim  
sessions will include one  
lane and the remainder  
of the lanes to be  
general swim.

(Most sessions will utilise only six lanes of the pool, there will be some sessions where the pool is shared with the Louth Swimming Club and a reduction of lanes available)

	Monday 14th		Tuesday 15th		Wednesday 16th		Thursday 17th		Friday 18th		Saturday 19th		Sunday 20th		
	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	
6am		Fitness Session				Fitness Session				Fitness Session					6am
7am	Lane Swimming	Fitness Session				Fitness Session				Fitness Session					7am
8am	Lane Swimming	Fitness Session	Lane Swimming	Fitness Session	Lane Swimming	Fitness Session	General Swim	Fitness Session		Fitness Session					8am
9am		Fitness Session		Fitness Session		Fitness Session				Fitness Session	Louth Tri Club	LANE	Louth Swim Club	Fitness Session	9am
10am		Fitness Session		Fitness Session		Fitness Session	General Swim	Fitness Session	Lane Swimming	Fitness Session	General Swim	Fitness Session	General Swim	Fitness Session	10am
11am	General Swim	Fitness Session	General Swim	Fitness Session		Fitness Session				Fitness Session					Fitness Session
12pm		Fitness Session	Aquacise	Fitness Session	Lane Swimming	Fitness Session	General Swim	Fitness Session	Aquacise	Fitness Session	General Swim	Fitness Session	General Swim	Fitness Session	Fitness Session
1pm		Fitness Session	General Swim	Fitness Session		Fitness Session				Fitness Session	General Swim	Fitness Session	General Swim	Fitness Session	Fitness Session
2pm															
3pm															
4pm		Fitness Session		Fitness Session		Fitness Session				Fitness Session					Lane Swim (2 lanes)
5pm		Fitness Session	General Swim	Fitness Session	General Swim	Fitness Session	General Swim (No Lane)	Fitness Session	General Swim	Fitness Session					
6pm	Louth Swim Club	Fitness Session	Louth Swim Club	Fitness Session	General Swim	Fitness Session	Louth Swim Club	Fitness Session	Louth Swim Club	Fitness Session					Louth Swim Club
7pm		Fitness Session		Fitness Session	Aquacise	Fitness Session		Fitness Session		Fitness Session					
8pm	WBC (2 lanes)	Fitness Session	Lane Swimming	Fitness Session	Louth Tri Club	Lane Swim (2 lanes)	Fitness Session		Lane Swim (1 lane)						
9pm															

Please bring your own water bottle, as the water fountains and vending machines are not available.

No personal towels are allowed to be used in the fitness sessions.

# Meridian Leisure Centre Group Exercise Programme

## 14th-20th September

Please note our programmes will be reviewed daily.  
For an accurate and up to date timetable please see the online booking system.

Instructor-led Classes Instructor:

All group exercise classes sessions MUST be pre-booked online using our booking online system. Please do not turn up without a pre-arranged booking. Please don't forget if you are unable to attend a session please ensure you have cancelled via our booking online system.

**DONNA**  
Monday  
Body Conditioning (9.15am)  
Pilates (10.15am)  
Pilates (11.15am)  
Mature Movers (12.15pm)

Tuesday  
Pilates (6.15pm)

Wednesday  
Pilates (9.45am)  
Zumba (10.45am)

Thursday  
Light Aerobics (10.15am)  
Body Con (11.15am)

Friday  
Zumba (10.15am)  
Pilates (11.15am)

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**LAURA**  
Monday  
Cycle (6.15pm)  
Lift Lean (7.15pm)

Tuesday  
Pilates (9.15am)  
Cycle (10.15am)  
Aqua (11.15am)

Wednesday  
Pilates (9.15am)  
Cycle (10.15am)  
Fitness Pilates (5.45pm)  
Aqua (7pm)

Thursday  
Pilates (5.15pm)  
PIYO (6.15pm)  
PUMP (7.15pm)

Friday  
Cycle (9.15am)  
Pilates (10.15am)  
Aqua (11.15am)

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**Susan**  
Monday  
Yoga (6.15pm)

Wednesday  
Yoga (11.15am)

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**Marion**  
Wednesday  
Whole Body (10.15am)

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**Sammy**  
Wednesday  
Cycle (6.15pm)  
Glute Camp (7.15pm)

Thursday  
Cycle (7.15pm)

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**Kelly**  
Saturday  
Zumba (9.15am)

	Monday 14th			Tuesday 15th			Wednesday 16th			Thursday 17th			Friday 18th			Saturday 19th			Sunday 20th		
	Cycle Studio	MPR/ Pool*	Dance Studio	Cycle Studio	MPR/ Pool*	Dance Studio	Cycle Studio	MPR/ Pool*	Dance Studio	Cycle Studio	MPR/ Pool*	Dance Studio	Cycle Studio	MPR/ Pool*	Dance Studio	Cycle Studio	MPR/ Pool*	Dance Studio	Cycle Studio	MPR/ Pool*	Dance Studio
6am																					
7am			GRIT						GRIT				Sprint		Body Pump						
8am	RPM			Sprint		Combat	Sprint			RPM		CX Worx									
9am																			RPM		
10am	RPM	Body Con				Pilates		Pilates					Cycle		Body Combat				Zumba **		
11am		Pilates	Body Combat	Cycle		Sh'Bam	Cycle	Whole Body			Light Aerobics	Sh'Bam		Zumba **	Pilates				Elite Dance Academy	Body Combat	
12pm		Pilates			Aqua*			Yoga			Body Con										
1pm		Mature Movers																			
2pm																					
3pm																					
4pm																					Body Balance
5pm																				Sprint	
6pm		Elite Dance Academy	Body Pump		Elite Dance Academy			Elite Dance Academy	Fitness Pilates		Elite Dance Academy	Pilates			Elite Dance Academy						
7pm	Cycle		Yoga	RPM		Pilates	Cycle				PIYO		Sprint		Elite Dance Academy	GRIT					
8pm	Lift Lean **	Yoga	Body Combat	Sprint		Body Balance	Sprint	Aqua*	Glute Camp	Cycle		Body Pump				Sh'Bam					
9pm							RPM		CX Worx												

All Classes are for 16yrs+ unless labelled otherwise. Please bring your own mat, as mats will not be provided.

Please bring your own water bottle, as the water fountains and vending machines are not available.

No personal towels are allowed to be used. If the weather is good, we will aim to have Zumba outside on the MUGA.

\* - Swimming Pool  
\*\* - Sports Hall