

SKEGNESS POOL & FITNESS SUITE

Exercise Programme

From 1st April 2019

Fitness Opening times are:
Monday to Friday 6am-9pm
Saturday & Sunday 8am-6pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6am								6am
7am								7am
8am								8am
9am								9am
10am	Zumba							10am
	Yoga	Balanc-ability	****Bolly-wood	Core & Stretch	Cycle	**Functional Fitness	**Functional Fitness	Strong Zumba
11am	Core & Back Rehab	****Yoga	Kettle-cise					Strong Zumba
	Low Impact Aquacise		Low Impact Aquacise	Yogalates	Strong Zumba	Low Impact Aquacise	**Junior Circuits	**Functional Fitness
12pm		Cycle				**F Fitness	**Functional Fitness	**Functional Fitness
1pm			Bounce			**Functional Fitness	**Functional Fitness	
2pm								
3pm								
4pm								
5pm	**Junior Fitness	**Junior Fitness	**Junior Fitness	**Junior Fitness	**Junior Fitness			
6pm		BoxFit	Strong Zumba					
	Cycle		*Aqua Jog	**Functional Fitness				
7pm		Strong Zumba	Cycle					
	***NEON FIT							
8pm								
9pm								9pm

All classes take place in the Embassy Arts Room unless stated otherwise.

MV SSP 0319 V4

Skegness Pool & Fitness Suite

Grand Parade, Skegness,
Lincolnshire PE25 2UG
01754 610675
skegnesspool@mvtlc.org

- *These classes take place in the Swimming Pool
- **These classes take place in the Fitness Suite
- *** These class tables place at the Embassy Theatre
- **** These classes take place at Wainfleet Road Pavilion, Wainfleet Road Skegness (Community based classes)

All Classes are for 16 years and above unless labelled otherwise.

Payment must be made on booking. A booking can be made up to a week in advance. Please note: bookings must be cancelled at least 48 hours in advance for a refund.



Information is correct at time of printing - 03/2019. The Magna Vitae Facility Management Team reserves the right to alter sessions, times and charges.