

# Skegness Group Exercise Programme

## 31st August - 6th September

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

Classes Instructor:

All group exercise classes, fitness sessions and pool 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.

### DANIEL

Tuesday  
Stretch & Mobility (11am)

Wednesday  
High Intensity Circuits (6pm)

Saturday  
Outdoor Circuits (10am)

### DAVID

Friday  
Cycle\*\* (6pm)

### DONNA

Tuesday  
Aquacise\* (6.30pm)

Saturday  
Aquacise\* (9am)

### LAURA

Wednesday  
Aquacise\* (11.15am)

	Monday 31st	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th	Saturday 5th	Sunday 6th	
6am								6am
7am								7am
8am								8am
9am		STRETCH & MOBILITY				AQUACISE*		9am
10am						OUTDOOR CIRCUITS		10am
11am								11am
12pm			AQUACISE*					12pm
1pm								1pm
5pm								5pm
6pm			HIGH INTENSITY CIRCUITS		CYCLE**			6pm
7pm		AQUACISE*						7pm
8pm								8pm
9pm								9pm

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.

### KEY:

\* - Swimming Pool

\*\* - Arts Room