

Meridian Leisure Centre Fitness and Main Pool Programme

7th-13th September

Instructor-led
Classes Instructor:

LAURA

Tuesday & Wednesday &
Friday
Aquacise

LANE SWIMMING

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

FAMILY SWIM

Our family 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 7th		Tuesday 8th		Wednesday 9th		Thursday 10th		Friday 11th		Saturday 12th		Sunday 13th		
	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	
6am															6am
7am	Lane Swimming	Fitness Session	Lane Swimming	Fitness Session		Fitness Session				Fitness Session					7am
8am	Lane Swimming	Fitness Session	Lane Swimming	Fitness Session	Lane Swimming	Fitness Session	Family Swim	Fitness Session		Fitness Session					8am
9am		Fitness Session		Fitness Session		Fitness Session			Lane Swimming	Fitness Session	Louth Tri Club	Lane Swim (2 lanes)	Fitness Session		9am
10am		Fitness Session		Fitness Session		Fitness Session	Family Swim	Fitness Session		Fitness Session			Fitness Session		10am
11am	Family Swim	Fitness Session	Family Swim	Fitness Session		Fitness Session			Family Swim	Fitness Session			Fitness Session		11am
12pm		Fitness Session	Aquacise	Fitness Session		Fitness Session			Aquacise	Fitness Session			Fitness Session		12pm
1pm		Fitness Session													1pm
2pm															2pm
3pm															3pm
4pm															4pm
5pm	Family Swim	Fitness Session	Family Swim	Fitness Session	Family Swim	Fitness Session			Family Swim	Fitness Session					5pm
6pm		Fitness Session		Fitness Session		Fitness Session	Family Swim (No Lane)		Family Swim	Fitness Session					6pm
7pm	Louth Swim Club	Fitness Session	Louth Swim Club	Fitness Session	Family Swim	Fitness Session		Louth Swim Club	Fitness Session	Fitness Session					7pm
8pm		Fitness Session		Fitness Session	Aquacise	Fitness Session			Louth Swim Club						8pm
9pm	WBC (2 lanes)		Lane Swimming		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

7th-13th 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)

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

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

Wednesday
Pilates (9.15am)
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)

Susan
Monday
Yoga (6.15pm)

Wednesday
Yoga (11.15am)

Marion
Wednesday
Whole Body (10.15am)

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

Thursday
Cycle (7.15pm)

Kelly
Saturday
Zumba (9.15am)

	Monday 7th			Tuesday 8th			Wednesday 9th			Thursday 10th			Friday 11th			Saturday 12th			Sunday 13th		
	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		Whole Body			Light Aerobics	Sh'Bam		Zumba	Pilates			Body Combat			
12pm		Pilates			Aqua*			Yoga		Zumba	RPM	Body Con					Elite Dance Academy	Body Combat			
1pm		Mature Movers																			
2pm																					
3pm																					
4pm																					Body Balance
5pm																				Sprint	
6pm		Elite Dance Academy	Body Pump		Elite Dance Academy			Elite Dance Academy				Pilates									
7pm	Cycle		Yoga	RPM		Pilates	Cycle				Elite Dance Academy	PIYO		Sprint	Elite Dance Academy	GRIT					
8pm		Lift Lean	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.

Elite Dance Academy is a private booking