

Skegness Fitness and Outdoor Pool 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.

All fitness 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.

	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															6am
7am															7am
8am	Members & MV Card Adults Only Swim	Fitness Session		Fitness Session	Members & MV Card Adults Only Swim	Fitness Session			Members & MV Card Adults Only Swim	Fitness Session					8am
9am		Fitness Session	Members & MV Card Adults Only Swim	Fitness Session		Fitness Session	Members & MV Card Adults Only Swim	Fitness Session		Fitness Session		Fitness Session		Members & MV Card Adults Only	9am
10am		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session	Aquacise	Fitness Session		Fitness Session	10am
11am		Fitness Session	General Swim	Fitness Session				Fitness Session		Fitness Session	General Swim	Fitness Session		SAS Club	Fitness Session
12pm		Fitness Session		Fitness Session				Fitness Session		Fitness Session		Fitness Session			Fitness Session
1pm	General Swim						General Swim				General Swim	Fitness Session	General Swim	Fitness Session	1pm
2pm															2pm
3pm	Aquacise	Fitness Session					Aquacise	Fitness Session							3pm
4pm		Fitness Session		Fitness Session											4pm
5pm		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session					5pm
6pm		Fitness Session	General Swim	Fitness Session		Fitness Session	General Swim	Fitness Session		Fitness Session					6pm
7pm	SAS Club	Fitness Session		Fitness Session		Fitness Session		Fitness Session	SAS Club	Fitness Session					7pm
8pm		Fitness Session	Aquacise	Fitness Session											8pm
9pm															9pm

Please note for General Swim sessions they are non-refundable and non-transferable.

Skegness 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.

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.

DAVID

Monday
Cycle (6pm)

Tuesday
Kettle & Core (9.15am)
Stretch & Mobility (10.30am)

Wednesday
Cycle (10am)

Friday
Cycle (6pm)

Saturday
Kettle & Core (10am)

Please don't forget if you are unable to attend a session please ensure you have cancelled via our booking online system.

	Monday 14th	Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th	Saturday 19th	Sunday 20th	
7am								7am
8am								8am
9am								9am
10am		KETTLE & CORE				AQUACISE*		10am
11am		STRETCH & MOBILITY	CYCLE			KETTLE & CORE		11am
12pm								12pm
1pm								1pm
2pm	AQUACISE*			AQUACISE*				2pm
3pm								3pm
5pm								5pm
6pm	CYCLE				CYCLE			6pm
7pm		AQUACISE*						7pm
8pm								8pm

DONNA

Monday
Aquacise* (2pm)

Tuesday
Aquacise* (6.30pm)

Thursday
Aquacise* (2pm)

Saturday
Aquacise* (9am)

KEY:
All classes to take place in the Arts Room unless stated otherwise:
* - Swimming Pool

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.