

Skegness Fitness and Outdoor Pool 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.

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

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

Skegness 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.

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.

DANIEL

Wednesday
High Intensity Circuits (6pm)

DAVID

Monday
Cycle (5.15pm)

Tuesday
Stretch & Mobility (9am)
HIIT (10.15am)

Wednesday
Cycle (9.30am)

Friday
Cycle** (6pm)

Saturday
Outdoor Circuits (10am)

DONNA

Monday
Aquacise* (1pm)

Tuesday
Aquacise* (6.30pm)

Thursday
Aquacise* (1pm)

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

	Monday 7th	Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th	Saturday 12th	Sunday 13th	
7am								7am
8am								8am
9am		STRETCH & MOBILITY						9am
10am			CYCLE**			OUTDOOR CIRCUITS		10am
11am		HIIT						11am
12pm								12pm
1pm								1pm
2pm	AQUACISE*			AQUACISE*				2pm
3pm								3pm
5pm								5pm
6pm	CYCLE**				CYCLE**			6pm
7pm		AQUACISE*	HIGH INTENSITY CIRCUITS					7pm
8pm								8pm

KEY:

* - Swimming Pool
** - Arts Room

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.