

# Meridian Leisure Centre

# Main Pool & Leisure Pool Programme

15<sup>th</sup> April - 5<sup>th</sup> May

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 2-4yrs	Under 2's
	£5.50	£4.60	£4.20	£2.00	FREE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL
6am														
7am	Louth Swim Club			Louth Swim Club		Louth Swim Club		Louth Swim Club						
8am		Lane Swim 6.15am-9am		Lane Swim 7am-9am		Lane Swim 7am-9am		Lane Swim 7am-9am		Lane Swim 6.15am-9am		Louth Swim Club	Lane Swim 7.15am-2 lanes	Tri Club
9am								General Swim						
10am		Swim Lessons		School Swim Lessons		Swim Lessons		General Swim		Swim Lessons		Swim Lessons		Swim Lessons
11am		Aquacise* 10:05am-10:50am		General Swim		General Swim		Aquacise* 10:05am-10:50am		Aquacise* 10:05am-10:50am		General Swim		General Swim
12pm	Small Pirate Pool	School Swim Lessons	Small Pirate Pool	Swim Lessons		Swim Lessons	Small Pirate Pool	Swim Lessons		School Swimming Lessons		Swim Lessons		General Swim
1pm		General Swim		Aquacise* 12:15pm - 1:00pm		General Swim		Over 50's 12pm				Swim Lessons		General Swim
2pm		School Swim Lessons		Focus Ability Group		School Swim Lessons		General Swim				Swim Lessons		Family Fun Splash
3pm		General Swim				Staff Training		Aquacise* 2:35pm-3:20pm		Inclusive Swim		General Swim		General Swim
4pm												General Swim		Inclusive Swim
5pm	Small Pirate Pool	Swim Lessons	Small Pirate Pool	Swim Lessons		Swim Lessons	Small Pirate Pool	Swim Lessons		Swim Lessons		Swim Lessons		
6pm				Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		
7pm		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim		Louth Swim Club
8pm		Louth Swim Club		Louth Swim Club		Louth Swim Club		Louth Swim Club		Louth Swim Club		Louth Swim Club		Louth Swim Club
9pm		WB Club		General Swim		Tri Club 8pm 5 lanes		Lane Swim 8pm 3 lanes		Lane Swim 8pm 3 lanes		Gen Swim 7:30pm 2 lanes		Lane Swim 7:30pm 2 lanes

**SP** Small Pirate Ship Pool (32 degrees)

**MAIN POOL** Main Pool: 25m in length and 8 lanes wide. (29 degrees)

**FLUME** Our flume operates at weekends and 4pm-6pm on Monday to Friday.

**NOTES** We strongly advise pre-booking your swimming sessions to avoid disappointment. Swimming sessions are non-transferable and non-refundable.

**AQUACISE\*** Aquacise (45 minute class) sessions start 5 minutes into a time block. i.e. Aquacise on Monday is 10:05am-10:50am.

**INCLUSIVE SWIM** This open session is designed for people with disabilities and their carers in a friendly and safe environment

On Tuesday and Thursday mornings between 6am-10am there will be no music playing within the pool area and corridors.

Please note that the accessibility steps can be used to enter the swimming pool during swimming sessions, please ask at reception for them at arrival. Steps can not be used during Aquacise sessions.

**Our WaterWise 'Learn to Swim' membership includes general swimming at any time. Just one of many perks of being 'WaterWise'.**

**Please note:**  
Our Programme is subject to change at the discretion of our Duty Manager. Unfortunately, this is often for reasons beyond our control. Thank you for all of your support and understanding!

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Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE

**MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**      **SATURDAY**      **SUNDAY**

### KEY

<b>PILATES</b>	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.
<b>YOGA</b>	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress
<b>STRETCH &amp; RELAX</b>	A floor-based class working the whole body, with stretch, strength, coordination and relaxation.
<b>BALANCE &amp; MOBILITY PILATES</b>	Elevate your balance, mobility, posture, and stability with this thoughtfully crafted class that seamlessly blends Pilates-inspired movements. Engage in gentle exercises and stretching to promote overall well-being.
<b>WELLNESS HOUR</b>	Wellness Hour is a quiet session for users and members to use for stretching, light aerobics and floor workouts. This session is unmanned. Mats are provided, however you are advised to bring your own.

6am							6am
7am	Wellness Hour				Wellness Hour		7am
8am		Wellness Hour					8am
9am							9am
10am	Pilates		Balance & Mobility Pilates			Wellness Hour	10am
11am			Pilates		Pilates	Wellness Hour	11am
12pm		Yoga			Pilates		12pm
1pm			Stretch & Relax				1pm
2pm							2pm
3pm							3pm
4pm							4pm
5pm							5pm
6pm				Yoga			6pm
7pm		Yoga	Pilates	Wellness Hour			7pm
8pm		Pilates	Wellness Hour		Wellness Hour		8pm
9pm							9pm

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# Meridian Leisure Centre

# Fitness Suite & Cycle Studio Programme

15<sup>th</sup> April - 5<sup>th</sup> May

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE
Vitrual Classes	£3.60	£3.00	£2.65	FREE

KEY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Virtual Beginner RPM	New to cycling? Why not join us for a virtual RPM class. You will be shown how to set the bike up and how it works.	6am							
		7am	BEGINNER CYCLE	RPM	RPM	RPM			
Virtual RPM™	A group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session.	8am	RPM	SPRINT	RPM	SPRINT			
		9am		SPRINT					
Virtual SPRINT™	A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results..	10am	CYCLE	CYCLE		CYCLE	CYCLE		
		11am				RPM			
Cycle	Cycle is high-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!	12pm				SPRINT			
		1pm		RPM		SPRINT	SPRINT		
SYNRGY*	Taking place on the gym floor these classes are a great way to improve your strength and fitness whilst preparing your body for everyday tasks.	2pm					RPM	SPRINT	
		3pm	SPRINT			RPM	RPM	BEGINNER RPM	
Legs, Bums and Tums*	Legs, bums and tums is a full body aerobic workout that aims to tone up those flabby areas of your thighs, bum and stomach, great for those who want to lose weight or even for those who simply want to improve their fitness levels.	4pm	RPM	RPM	RPM	SPRINT		RPM	
		5pm	RPM	SPRINT	SPRINT	RPM	SPRINT	SPRINT	
Fight to Fitness*	An exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads and no class involves hitting an opponent. It is a fun, challenging and safe workout - which is great for stress busting! Accessible to all abilities and fitness levels. (Ages 16+)	6pm	RPM	RPM	RPM	SPRINT	RPM	RPM	
		7pm	CYCLE	SPRINT	RPM	RPM	BEGINNER RPM	SPRINT	
		8pm	RPM	RPM	CYCLE	RPM	SYNRGY*		SPRINT
		9pm	RPM	SPRINT	RPM		LBT*	RPM	

\* - This session takes place in the functional area of the gym.

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# Meridian Leisure Centre

# Dance Studio Programme

15<sup>th</sup> April - 5<sup>th</sup> May

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Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE
Virtual Classes	£3.60	£3.00	£2.65	FREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BODY CONDITIONING</b> Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.							
<b>PILATES</b> A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.							
<b>MATURE MOVERS</b> A 45 minute class designed for those who want a lower impact exercise session using a variety of toning and mobility exercises some of which will be chair based.							
<b>YOGA</b> A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.							
<b>FITNESS PILATES</b> Pilates based exercises combined functional movements to improve posture, alignment and balance.							
<b>LATIN FIT</b> Join Kelly on Saturday mornings and dance your way into fitness with this fun, aerobic style workout!							
<b>ZUMBA</b> Combine the calorie burning benefits of traditional aerobics with fun dance moves & you have Zumba. Catering for every ability. Get fit & bring your Latin spirit with you.							
<b>WHOLE BODY EXERCISE</b> Based on natural body movements; improves posture/strengthens core; works major muscle groups; improves coordination and balance; variety of rhythms influence movement dynamics; suitable for all ages, male and female; work at your own pace; fun.							
<b>LOW IMPACT AEROBICS</b> A great class based around traditional aerobics music with great music with the choreography designed to be slightly slower tempo than aerobics.							
<b>CLUB FIT</b> Aerobic dance exercise to old skool tunes in a darkened room with disco lights.							
<b>RIP</b> RIP is choreographed strength training with a barbell, designed to get results and help you get fitter and stronger!							
<b>BALANCE &amp; MOBILITY</b> Immerse yourself in a dynamic circuit-style class tailored to enhance your balance, mobility, posture, and stability. Experience the benefits of light exercise and stretching as you progress towards improved overall functionality.							
<b>PIYo</b> PIYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility benefits of yoga. It's a true fat-burning, low-impact program that'll get you incredibly defined.							

<b>Virtual BodyBALANCE™</b>	The yoga-based class that will improve your mind, your body and your life. Bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.
<b>Virtual BodyPUMP™</b>	A great full body workout set to great music using light weights and high repetition's to burn calories and help increase muscle tone.
<b>Virtual Sh'Bam™</b>	A fun loving insanely addictive dance workout. No dance experience required. An insanely addictive group dance class, featuring fun, simple yet sassy dance moves, all set to a party playlist.

<b>Virtual BodyCOMBAT™</b>	A fast paced cardiovascular workout that will burn the calories while you punch, kick and jump through pre choreographed tracks with booming music.
<b>Virtual CORE™</b>	Exercising muscles around the core, core work provides vital ingredient to a stronger body. As well as the stomach, expect to work hip, butt & lower back.

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.

<b>OVER 45S</b>	Have a go at badminton, new age kurling, short mat bowls or table tennis! A great way to socialise and meet up weekly. Only £3.50 per session with an MV card (or £4.20 per session without an MV card)
<b>MV GYMNASTICS</b>	Our Gymnastics is for children ages 18mths-16yrs. Our pre-school programme, teaches children about the FUNdamentals of gymnastics using various themes, fun learning and techniques. Our main programme consists of RISE groups 1-4 and an Advanced class. We have incorporated British Gymnastics latest RISE learning criteria! This has been developed and modified from the Core Proficiency for a better all-round experience, which includes beams, bars, vaults & floor work.
<b>MV PANTHERS</b>	MV Panthers is Magna Vitae's very own basketball group for juniors aged 8-17yrs. We aim to develop a passion for basketball in juniors by teaching them the fun sport itself and developing their skills - whilst also teaching the importance of teamwork.
<b>LOUTH BADMINTON CLUB</b>	A friendly adults badminton club, playing on a Monday evening from 7.30pm to 9.30pm. They play social mixed badminton and welcome all abilities. To contact us, either email us at: louthbc2020@gmail.com or come and join in!
<b>SOCIAL WALKING NETBALL</b>	Social walking netball is suitable for all ages. Only £3.50 per session with an MV card (or £4.20 per session without an MV card)
<b>WHEELCHAIR BASKETBALL LOUTH JAGUARS</b>	Louth Jaguars Wheelchair Basketball Club is a fun way of participating in physical education within a safe environment. For our disabled players (the majority of the team) it gives invaluable support to build upper body strength and assists with motor skills. It offers a chance to socialise and make friends whilst learning the importance of teamwork. Their qualified coaches treat players as individuals, recognising their strengths and weaknesses and helping to build self-confidence so that each person feels a valued member of the team. We welcome people of all ages and abilities.
<b>LOUTH NETBALL CLUB</b>	There are 4 sessions: 5:00-6:00pm: (Years 2-6); 6:00-7:00pm: (Years 7-9); 7:00-8:00pm: (Years 10 & 11) & 8:00-9:00pm: (Age 16+). For additional information, please email: carolynblackburn0409@gmail.com
<b>PICKLE-BALL CLUB</b>	Easy to play and simple to learn for people of all ages. It's the fastest growing sport in America! Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment will be provided.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am							
8am							Set Up / Take-Down
9am							
10am		Set Up / Take-Down			Set Up / Take-Down	MV Gymnastics (Rise)	Football Fun Factory
11am		Over 45s Session			Home Education		Set Up / Take-Down
12pm		Set Up / Take-Down			Set Up / Take-Down		
1pm		Social Walking Netball					
2pm		Set Up / Take-Down					Children's Market
3pm		Pickleball		Over 45s Session	Set Up / Take-Down	MV Gymnastics (Pre-school)	
4pm	Set Up / Take-Down						
5pm	Louth Cricket Club		MV Panthers (Under 12 squad) 8-11yrs	Set Up / Take-Down		Set Up / Take-Down	
6pm		Set Up / Take-Down	MV Panthers (Under 14 squad) 12-13yrs		MV Gymnastics (Rise)		Set Up / Take-Down
7pm	Back to Netball	Set Up / Take-Down	MV Panthers (Under 16 squad & Under 18 squad) 14-15yrs & 16-17yrs	Louth Netball Club			
8pm	Louth Badminton Club	Set Up / Take-Down	Wheelchair Basketball Louth Jaguars				Holton Le Clay Cricket Club
9pm							

Don't forget, court hire is included in your membership... **Book on the day.**



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**OVER 45'S**  
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7am								
8am							Set Up / Take-Down	
9am								
10am	Set Up	Set Up / Take-Down			Set Up / Take-Down	MV Gymnastics (Rise)	Football Fun Factory	
11am	Bouncy Castle & Soft Play	Over 45s Session			Home Education			Set Up / Take-Down
12pm	Take-Down	Set Up / Take-Down			Set Up / Take-Down			
1pm		Social Walking Netball						
2pm		Set Up / Take-Down		Set Up / Take-Down	Set Up / Take-Down			
3pm		Pickleball		Over 45s Session		MV Gymnastics (Pre-school)		
4pm				Set Up / Take-Down				
5pm			MV Panthers (Under 12 squad) 8-11yrs			Set Up / Take-Down		
6pm	Back to Netball	Set Up / Take-Down	MV Panthers (Under 14 squad) 12-13yrs	Louth Netball Club	MV Gymnastics (Rise)			
7pm	Set Up / Take-Down	Jeff Cricket	MV Panthers (Under 16 squad & Under 18 squad) 14-15yrs & 16-17yrs					
8pm	Louth Badminton Club	Set Up / Take-Down	Wheelchair Basketball Louth Jaguars					
9pm								

Don't forget, court hire is included in your membership... **Book on the day.**



# Meridian Leisure Centre

# Main Pool & Leisure Pool Programme

6<sup>th</sup>-12<sup>th</sup> May

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 2-4yrs	Under 2's
	£5.50	£4.60	£4.20	£2.00	FREE

	BANK HOL MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL
6am														
7am				Louth Swim Club		Louth Swim Club		Louth Swim Club						
8am		Lane Swim 7am-9am		Lane Swim 7am-9am		Lane Swim 7am-9am		Lane Swim 7am-9am		Lane Swim 6.15am-9am		Louth Swim Club	Lane Swim 7.15am-2 lanes	Tri Club
9am														
10am				School Swim Lessons		General Swim		General Swim		Swim Lessons		General Swim		
11am		Swim Lessons		General Swim		General Swim		General Swim		General Swim		Swim Lessons		
12pm	Small Pirate Pool		Small Pirate Pool	Swim Lessons		Swim Lessons	Small Pirate Pool	Swim Lessons		School Swimming Lessons		Swim Lessons		
1pm		General Swim		Aquacise* 12:15pm - 1:00pm		General Swim		General Swim				Swim Lessons		General Swim
2pm						School Swim Lessons	Lane Swim	General Swim						General Swim
3pm		MV Pool Party				Staff Training	Aquacise* 2:35pm-3:20pm	Inclusive Swim						General Swim
4pm				General Swim				General Swim						Inclusive Swim
5pm			Small Pirate Pool	Swim Lessons		Swim Lessons	Small Pirate Pool	Swim Lessons		Swim Lessons				
6pm				General Swim 5pm-2 lanes		Swim Lessons		Swim Lessons		Swim Lessons				
7pm				Louth Swim Club		Lane Swim 6pm-2 lanes		Louth Swim Club		Louth Swim Club				Louth Swim Club
8pm				General Swim 6.45pm-2 lanes		Aquacise* 7:05pm-7:50pm		Lane Swim 8pm-3 lanes		Louth Swim Club		Gen Swim 7:30pm-2 lanes	Lane Swim 7:30pm-2 lanes	
9pm				General Swim 8:00pm-3 lanes		Lane Swim 8:00pm-3 lanes		Lane Swim 8pm-3 lanes						
						Tri Club 8pm-5 lanes								

**SP** Small Pirate Ship Pool (32 degrees)

**MAIN POOL** Main Pool: 25m in length and 8 lanes wide.

**FLUME** Our flume operates at weekends and 4pm-6pm on Monday to Friday.

**NOTES** We strongly advise pre-booking your swimming sessions to avoid disappointment. Swimming sessions are non-transferable and non-refundable.

**AQUACISE\*** Aquacise (45 minute class) sessions start 5 minutes into a time block. i.e. Aquacise on Monday is 10:05am-10:50am.

**INCLUSIVE SWIM** This open session is designed for people with disabilities and their carers in a friendly and safe environment

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**Our WaterWise 'Learn to Swim' membership includes general swimming at any time. Just one of many perks of being 'WaterWise'.**

**Please note:**  
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# Meridian Leisure Centre

# Wellness Studio Programme

6<sup>th</sup>-12<sup>th</sup> May

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## KEY

<b>PILATES</b>	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.
<b>YOGA</b>	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress
<b>STRETCH &amp; RELAX</b>	A floor-based class working the whole body, with stretch, strength, coordination and relaxation.
<b>BALANCE &amp; MOBILITY PILATES</b>	Elevate your balance, mobility, posture, and stability with this thoughtfully crafted class that seamlessly blends Pilates-inspired movements. Engage in gentle exercises and stretching to promote overall well-being.
<b>WELLNESS HOUR</b>	Wellness Hour is a quiet session for users and members to use for stretching, light aerobics and floor workouts. This session is unmanned. Mats are provided, however you are advised to bring your own.

6am							6am
7am					Wellness Hour		7am
8am		Wellness Hour					8am
9am							9am
10am			Balance & Mobility Pilates				10am
11am			Pilates		Pilates	Wellness Hour	11am
12pm		Yoga			Pilates		12pm
1pm			Stretch & Relax				1pm
2pm							2pm
3pm							3pm
4pm							4pm
5pm							5pm
6pm				Yoga			6pm
7pm		Yoga	Pilates	Wellness Hour			7pm
8pm		Pilates	Wellness Hour		Wellness Hour		8pm
9pm							9pm

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# Meridian Leisure Centre

# Fitness Suite & Cycle Studio Programme

6<sup>th</sup>-12<sup>th</sup> May

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE
Vitruval Classes	£3.60	£3.00	£2.65	FREE

KEY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Virtual Beginner RPM	New to cycling? Why not join us for a virtual RPM class. You will be shown how to set the bike up and how it works.	6am							
		7am	BEGINNER CYCLE	RPM	RPM	RPM			
Virtual RPM™	A group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session.	8am	RPM	SPRINT	RPM	SPRINT			
		9am		SPRINT					
Virtual SPRINT™	A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results..	10am	CYCLE	CYCLE		CYCLE	CYCLE		
		11am			RPM	RPM			
Cycle	Cycle is high-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!	12pm			RPM	SPRINT			
		1pm		RPM		SPRINT	SPRINT		
SYNRGY*	Taking place on the gym floor these classes are a great way to improve your strength and fitness whilst preparing your body for everyday tasks.	2pm				RPM	RPM	BEGINNER RPM	
		3pm							
Legs, Bums and Tums*	Legs, bums and tums is a full body aerobic workout that aims to tone up those flabby areas of your thighs, bum and stomach, great for those who want to lose weight or even for those who simply want to improve their fitness levels.	4pm	RPM	RPM	RPM	SPRINT	SPRINT	RPM	
		5pm	SPRINT	SPRINT	SPRINT	RPM	RPM	SPRINT	
Fight to Fitness*	An exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads and no class involves hitting an opponent. It is a fun, challenging and safe workout - which is great for stress busting! Accessible to all abilities and fitness levels. (Ages 16+)	6pm	RPM	RPM		SPRINT	RPM	RPM	
		7pm	SPRINT	RPM	RPM	SYNRGY*	BEGINNER RPM	SPRINT	
		8pm	RPM	CYCLE		RPM	LBT*	RPM	
		9pm	SPRINT	RPM					SPRINT

\* - This session takes place in the functional area of the gym.

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# Meridian Leisure Centre

# Dance Studio Programme

6<sup>th</sup> -12<sup>th</sup> May

magnavitae.org

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE
Virtual Classes	£3.60	£3.00	£2.65	FREE

CLASS	DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BODY CONDITIONING</b>	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.							
<b>PILATES</b>	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.							
<b>MATURE MOVERS</b>	A 45 minute class designed for those who want a lower impact exercise session using a variety of toning and mobility exercises some of which will be chair based.							
<b>YOGA</b>	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.							
<b>FITNESS PILATES</b>	Pilates based exercises combined functional movements to improve posture, alignment and balance.							
<b>LATIN FIT</b>	Join Kelly on Saturday mornings and dance your way into fitness with this fun, aerobic style workout!							
<b>ZUMBA</b>	Combine the calorie burning benefits of traditional aerobics with fun dance moves & you have Zumba. Catering for every ability. Get fit & bring your Latin spirit with you.							
<b>WHOLE BODY EXERCISE</b>	Based on natural body movements; improves posture/strengthens core; works major muscle groups; improves coordination and balance; variety of rhythms influence movement dynamics; suitable for all ages, male and female; work at your own pace; fun.							
<b>LOW IMPACT AEROBICS</b>	A great class based around traditional aerobics music with great music with the choreography designed to be slightly slower tempo than aerobics.							
<b>CLUB FIT</b>	Aerobic dance exercise to old skool tunes in a darkened room with disco lights.							
<b>RIP</b>	RIP is choreographed strength training with a barbell, designed to get results and help you get fitter and stronger!							
<b>BALANCE &amp; MOBILITY</b>	Immerse yourself in a dynamic circuit-style class tailored to enhance your balance, mobility, posture, and stability. Experience the benefits of light exercise and stretching as you progress towards improved overall functionality.							
<b>PIYo</b>	PIYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility benefits of yoga. It's a true fat-burning, low-impact program that'll get you incredibly defined.							

<b>Virtual BodyBALANCE™</b>	The yoga-based class that will improve your mind, your body and your life. Bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.
<b>Virtual BodyPUMP™</b>	A great full body workout set to great music using light weights and high repetition's to burn calories and help increase muscle tone.
<b>Virtual Sh'Bam™</b>	A fun loving insanely addictive dance workout. No dance experience required. An insanely addictive group dance class, featuring fun, simple yet sassy dance moves, all set to a party playlist.

<b>Virtual BodyCOMBAT™</b>	A fast paced cardiovascular workout that will burn the calories while you punch, kick and jump through pre choreographed tracks with booming music.
<b>Virtual CORE™</b>	Exercising muscles around the core, core work provides vital ingredient to a stronger body. As well as the stomach, expect to work hip, butt & lower back.



Magna Vitae is a Registered Charity. Charity Number 1160156. A Partner to East Lindsey District Council.

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.

**OVER 45'S**  
Have a go at badminton, new age kurling, short mat bowls or table tennis! A great way to socialise and meet up weekly. Only £3.50 per session with an MV card (or £4.20 per session without an MV card)

**MV GYMNASTICS**  
Our Gymnastics is for children ages 18mths-16yrs. Our pre-school programme, teaches children about the FUNdamentals of gymnastics using various themes, fun learning and techniques. Our main programme consists of RISE groups 1-4 and an Advanced class. We have incorporated British Gymnastics latest RISE learning criteria! This has been developed and modified from the Core Proficiency for a better all-round experience, which includes beams, bars, vaults & floor work.

**MV PANTHERS**  
MV Panthers is Magna Vitae's very own basketball group for juniors aged 8-17yrs. We aim to develop a passion for basketball in juniors by teaching them the fun sport itself and developing their skills - whilst also teaching the importance of teamwork.

**LOUTH BADMINTON CLUB**  
A friendly adults badminton club, playing on a Monday evening from 7.30pm to 9.30pm. They play social mixed badminton and welcome all abilities. To contact us, either email us at: louthbc2020@gmail.com or come and join in!

**SOCIAL WALKING NETBALL**  
Social walking netball is suitable for all ages. Only £3.50 per session with an MV card (or £4.20 per session without an MV card)

**WHEELCHAIR BASKETBALL LOUTH JAGUARS**  
Louth Jaguars Wheelchair Basketball Club is a fun way of participating in physical education within a safe environment. For our disabled players (the majority of the team) it gives invaluable support to build upper body strength and assists with motor skills. It offers a chance to socialise and make friends whilst learning the importance of teamwork. Their qualified coaches treat players as individuals, recognising their strengths and weaknesses and helping to build self-confidence so that each person feels a valued member of the team. We welcome people of all ages and abilities.

**LOUTH NETBALL CLUB**  
There are 4 sessions: 5:00-6:00pm: (Years 2-6); 6:00-7:00pm: (Years 7-9); 7:00-8:00pm: (Years 10 & 11) & 8:00-9:00pm: (Age 16+). For additional information, please email: carolynblackburn0409@gmail.com

**PICKLE-BALL CLUB**  
Easy to play and simple to learn for people of all ages. It's the fastest growing sport in America! Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment will be provided.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am							
8am							Set Up / Take-Down
9am							
10am		Set Up / Take-Down				Set Up / Take-Down	Football Fun Factory
11am		Over 45s Session			Home Education	MV Gymnastics (Rise)	Set Up / Take-Down
12pm		Set Up / Take-Down			Set Up / Take-Down		
1pm		Social Walking Netball					
2pm		Set Up / Take-Down					
3pm		Pickleball		Over 45s Session	Set Up / Take-Down	MV Gymnastics (Pre-school)	
4pm				Set Up / Take-Down			
5pm			MV Panthers (Under 12 squad) 8-11yrs			Set Up / Take-Down	
6pm			MV Panthers (Under 14 squad) 12-13yrs				
7pm			MV Panthers (Under 16 squad & Under 18 squad) 14-15yrs & 16-17yrs	Louth Netball Club	MV Gymnastics (Rise)		
8pm			Wheelchair Basketball Louth Jaguars				
9pm							

Don't forget, court hire is included in your membership... **Book on the day.**



# Meridian Leisure Centre

# Main Pool & Leisure Pool Programme

13<sup>th</sup>-19<sup>th</sup> May

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 2-4yrs	Under 2's
	£5.50	£4.60	£4.20	£2.00	FREE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL
6am														
7am	Louth Swim Club			Louth Swim Club		Louth Swim Club		Louth Swim Club						
8am		Lane Swim 6.15am-9am		Lane Swim 7am-9am		Lane Swim 7am-9am		Lane Swim 7am-9am		Lane Swim 6.15am-9am		Louth Swim Club	Lane Swim 7.15am-2 lanes	Tri Club
9am								General Swim						
10am		Swim Lessons		School Swim Lessons		General Swim		General Swim		Swim Lessons		Swim Lessons		
11am		Aquacise* 10:05am-10:50am		General Swim		General Swim		Aquacise* 10:05am-10:50am		General Swim		Swim Lessons		
12pm	Small Pirate Pool	School Swim Lessons	Small Pirate Pool	General Swim	Small Pirate Pool	Swim Lessons	Small Pirate Pool	Swim Lessons		School Swimming Lessons		Swim Lessons		
1pm		General Swim		Aquacise* 12:15pm - 1:00pm		General Swim		General Swim				Swim Lessons		General Swim
2pm		School Swim Lessons				School Swim Lessons		General Swim				Swim Lessons		General Swim
3pm		Focus Ability Group				Staff Training		Inclusive Swim				Swim Lessons		General Swim
4pm		General Swim		General Swim		Aquacise* 2:35pm-3:20pm		General Swim				Swim Lessons		General Swim
5pm	Small Pirate Pool	Swim Lessons	Small Pirate Pool	Swim Lessons	Small Pirate Pool	Swim Lessons	Small Pirate Pool	Swim Lessons		Swim Lessons		Swim Lessons		General Swim
6pm		Lane Swim 2 lanes		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		General Swim
7pm		General Swim		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		General Swim
8pm		Louth Swim Club		Louth Swim Club		Louth Swim Club		Louth Swim Club		Louth Swim Club		Louth Swim Club		Louth Swim Club
9pm		WB Club		General Swim		Tri Club 8pm 5 lanes		Lane Swim 8pm 3 lanes		Gen Swim 7:30pm 2 lanes		Lane Swim 7:30pm 2 lanes		

**SP** Small Pirate Ship Pool (32 degrees)

**MAIN POOL** Main Pool: 25m in length and 8 lanes wide. (29 degrees)

**FLUME** Our flume operates at weekends and 4pm-6pm on Monday to Friday.

**NOTES** We strongly advise pre-booking your swimming sessions to avoid disappointment. Swimming sessions are non-transferable and non-refundable.

**AQUACISE\*** Aquacise (45 minute class) sessions start 5 minutes into a time block. i.e. Aquacise on Monday is 10:05am-10:50am.

**INCLUSIVE SWIM** This open session is designed for people with disabilities and their carers in a friendly and safe environment

On Tuesday and Thursday mornings between 6am-10am there will be no music playing within the pool area and corridors.

Please note that the accessibility steps can be used to enter the swimming pool during swimming sessions, please ask at reception for them at arrival. Steps can not be used during Aquacise sessions.

**Our WaterWise 'Learn to Swim' membership includes general swimming at any time. Just one of many perks of being 'WaterWise'.**

**Please note:**  
Our Programme is subject to change at the discretion of our Duty Manager. Unfortunately, this is often for reasons beyond our control. Thank you for all of your support and understanding!

magnavita.org

# Meridian Leisure Centre

# Main Pool & Leisure Pool Programme

20<sup>th</sup> -26<sup>th</sup> May

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 3-4yrs	Under 2's
	£5.20	£4.40	£4.00	£1.80	FREE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL
6am														
7am		Louth Swim Club		Louth Swim Club		Louth Swim Club		Louth Swim Club						
8am		Lane Swim 6.15am-9am		Lane Swim 7am-9am		Lane Swim 7am-9am		Lane Swim 7am-9am		Lane Swim 6.15am-9am		Lane Swim 7.15am 5lanes		Lane Swim 7.30am
9am								General Swim						
10am		Aquacise* 10:05am-10:50am		School Swim Lessons		Swim Lessons		Aquacise* 10:05am-10:50am		Swim Lessons		Swim Lessons		Swim Lessons
11am		School Swim Lessons		General Swim		General Swim		General Swim		School Swimming Lessons		Swim Lessons		General Swim
12pm	Small Pirate Pool	Swim Lessons	Small Pirate Pool	Swim Lessons	Small Pirate Pool	Swim Lessons	Small Pirate Pool	Swim Lessons		School Swim Lessons		Swim Lessons		General Swim
1pm				Aquacise* 12:15pm - 1:00pm				Over 50's 12pm						
2pm		School Swim Lessons		Focus Ability Group		School Swim Lessons		General Swim						Family Fun Splash
3pm		General Swim		General Swim		Staff Training		Inclusive Swim						General Swim
4pm	Small Pirate Pool	Swim Lessons	Small Pirate Pool	Swim Lessons	Small Pirate Pool	Swim Lessons	Small Pirate Pool	Swim Lessons						Inclusive Swim
5pm				Swim Lessons		Swim Lessons		Swim Lessons						Louth Swim Club
6pm				Swim Lessons		Swim Lessons		Swim Lessons						MV Pool Party
7pm		General Swim		General Swim		General Swim		Louth Swim Club						MV Pool Party
8pm		Lane Swim 8.00pm 3 lanes		General Swim 8.00pm 3 lanes		General Swim 8.00pm 3 lanes		Lane Swim 8pm 3 lanes						
9pm		WB Club		General Swim 8.00pm 3 lanes		Tri Club 8pm 5 lanes		Lane Swim 8pm 3 lanes						

**SP** Small Pirate Ship Pool (32 degrees)

**MAIN POOL** Main Pool: 25m in length and 8 lanes wide. (29 degrees)

**FLUME** Our flume operates at weekends and 4pm-6pm on Monday to Friday.

**NOTES** We strongly advise pre-booking your swimming sessions to avoid disappointment. Swimming sessions are non-transferable and non-refundable.

**AQUACISE\*** Aquacise (45 minute class) sessions start 5 minutes into a time block. i.e. Aquacise on Monday is 10:05am-10:50am.

**INCLUSIVE SWIM** This is an open session but factoring in sensory & behaviour needs. We won't have music playing and will use natural lighting rather than artificial lighting where possible.

On Tuesday and Thursday mornings between 6am-10am there will be no music playing within the pool area and corridors.

Please note that the accessibility steps can be used to enter the swimming pool during swimming sessions, please ask at reception for them at arrival. Steps can not be used during Aquacise sessions.

**Our WaterWise 'Learn to Swim' membership includes general swimming at any time. Just one of many perks of being 'WaterWise'.**

**Please note:**  
Our Programme is subject to change at the discretion of our Duty Manager. Unfortunately, this is often for reasons beyond our control. Thank you for all of your support and understanding!

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Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE

**MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**      **SATURDAY**      **SUNDAY**

### KEY

<b>PILATES</b>	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.
<b>YOGA</b>	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress
<b>STRETCH &amp; RELAX</b>	A floor-based class working the whole body, with stretch, strength, coordination and relaxation.
<b>BALANCE &amp; MOBILITY PILATES</b>	Elevate your balance, mobility, posture, and stability with this thoughtfully crafted class that seamlessly blends Pilates-inspired movements. Engage in gentle exercises and stretching to promote overall well-being.
<b>WELLNESS HOUR</b>	Wellness Hour is a quiet session for users and members to use for stretching, light aerobics and floor workouts. This session is unmanned. Mats are provided, however you are advised to bring your own.

6am							6am
7am	Wellness Hour				Wellness Hour		7am
8am		Wellness Hour					8am
9am							9am
10am	Pilates		Balance & Mobility Pilates			Wellness Hour	10am
11am			Pilates		Pilates	Wellness Hour	11am
12pm		Yoga			Pilates		12pm
1pm			Stretch & Relax				1pm
2pm							2pm
3pm							3pm
4pm							4pm
5pm							5pm
6pm				Yoga			6pm
7pm		Yoga	Pilates	Wellness Hour			7pm
8pm		Pilates	Wellness Hour		Wellness Hour		8pm
9pm							9pm

magnavitaet.org

# Meridian Leisure Centre

# Fitness Suite & Cycle Studio Programme

13<sup>th</sup>-26<sup>th</sup> May

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE
Vitrual Classes	£3.60	£3.00	£2.65	FREE

KEY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Virtual Beginner RPM	New to cycling? Why not join us for a virtual RPM class. You will be shown how to set the bike up and how it works.	6am						
		7am	BEGINNER CYCLE	RPM	RPM	RPM		
Virtual RPM™	A group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session.	8am	RPM	SPRINT	RPM	SPRINT		
		9am		SPRINT				
Virtual SPRINT™	A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results..	10am	CYCLE	CYCLE		CYCLE	CYCLE	
		11am				RPM		
Cycle	Cycle is high-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!	12pm				SPRINT		
		1pm		RPM		SPRINT	SPRINT	
SYNRGY*	Taking place on the gym floor these classes are a great way to improve your strength and fitness whilst preparing your body for everyday tasks.	2pm					RPM	SPRINT
		3pm	SPRINT			RPM	RPM	BEGINNER RPM
Legs, Bums and Tums*	Legs, bums and tums is a full body aerobic workout that aims to tone up those flabby areas of your thighs, bum and stomach, great for those who want to lose weight or even for those who simply want to improve their fitness levels.	4pm	RPM	RPM	RPM	SPRINT		RPM
		5pm	RPM	SPRINT	SPRINT	RPM	SPRINT	SPRINT
Fight to Fitness*	An exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads and no class involves hitting an opponent. It is a fun, challenging and safe workout - which is great for stress busting! Accessible to all abilities and fitness levels. (Ages 16+)	6pm	CYCLE	RPM	RPM	SPRINT	RPM	RPM
		7pm		SPRINT	RPM	RPM	BEGINNER RPM	
		8pm	RPM	RPM	CYCLE	RPM		
		9pm	RPM	SPRINT	RPM			
					RPM	SYNRGY*		SPRINT
					RPM	LBT*		

\* - This session takes place in the functional area of the gym.

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# Dance Studio Programme

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BODY CONDITIONING</b> Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.							
<b>PILATES</b> A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.							
<b>MATURE MOVERS</b> A 45 minute class designed for those who want a lower impact exercise session using a variety of toning and mobility exercises some of which will be chair based.							
<b>YOGA</b> A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.							
<b>FITNESS PILATES</b> Pilates based exercises combined functional movements to improve posture, alignment and balance.							
<b>LATIN FIT</b> Join Kelly on Saturday mornings and dance your way into fitness with this fun, aerobic style workout!							
<b>ZUMBA</b> Combine the calorie burning benefits of traditional aerobics with fun dance moves & you have Zumba. Catering for every ability. Get fit & bring your Latin spirit with you.							
<b>WHOLE BODY EXERCISE</b> Based on natural body movements; improves posture/strengthens core; works major muscle groups; improves coordination and balance; variety of rhythms influence movement dynamics; suitable for all ages, male and female; work at your own pace; fun.							
<b>LOW IMPACT AEROBICS</b> A great class based around traditional aerobics music with great music with the choreography designed to be slightly slower tempo than aerobics.							
<b>CLUB FIT</b> Aerobic dance exercise to old skool tunes in a darkened room with disco lights.							
<b>RIP</b> RIP is choreographed strength training with a barbell, designed to get results and help you get fitter and stronger!							
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8am							Set Up / Take-Down
9am							
10am	Set Up	Set Up / Take-Down			Set Up / Take-Down	MV Gymnastics (Rise)	Football Fun Factory
11am	Bouncy Castle & Soft Play	Over 45s Session			Home Education		Set Up / Take-Down
12pm		Set Up / Take-Down			Set Up / Take-Down		
1pm		Social Walking Netball					
2pm	Dementia Friendly Sports Day	Set Up / Take-Down		Set Up / Take-Down	Set Up / Take-Down		
3pm		Pickleball		Over 45s Session		MV Gymnastics (Pre-school)	
4pm				Set Up / Take-Down			
5pm			MV Panthers (Under 12 squad) 8-11yrs	Set Up / Take-Down		Set Up / Take-Down	
6pm			MV Panthers (Under 14 squad) 12-13yrs	Louth Netball Club	MV Gymnastics (Rise)		
7pm	Back to Netball		MV Panthers (Under 16 squad & Under 18 squad) 14-15yrs & 16-17yrs				
8pm	Set Up / Take-Down		Wheelchair Basketball Louth Jaguars				
9pm	Louth Badminton Club						

Don't forget, court hire is included in your membership... **Book on the day.**



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**SOCIAL WALKING NETBALL**  
Social walking netball is suitable for all ages. Only £3.50 per session with an MV card (or £4.20 per session without an MV card)

**WHEELCHAIR BASKETBALL LOUTH JAGUARS**  
Louth Jaguars Wheelchair Basketball Club is a fun way of participating in physical education within a safe environment. For our disabled players (the majority of the team) it gives invaluable support to build upper body strength and assists with motor skills. It offers a chance to socialise and make friends whilst learning the importance of teamwork. Their qualified coaches treat players as individuals, recognising their strengths and weaknesses and helping to build self-confidence so that each person feels a valued member of the team. We welcome people of all ages and abilities.

**LOUTH NETBALL CLUB**  
There are 4 sessions: 5:00-6:00pm: (Years 2-6); 6:00-7:00pm: (Years 7-9); 7:00-8:00pm: (Years 10 & 11) & 8:00-9:00pm: (Age 16+). For additional information, please email: carolynblackburn0409@gmail.com

**PICKLE-BALL CLUB**  
Easy to play and simple to learn for people of all ages. It's the fastest growing sport in America! Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment will be provided.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am							
8am							Set Up / Take-Down
9am							
10am	Set Up	Set Up / Take-Down			Set Up / Take-Down	MV Gymnastics (Rise)	Football Fun Factory
11am	Bouncy Castle & Soft Play	Over 45s Session			Home Education		Set Up / Take-Down
12pm	Take-Down	Set Up / Take-Down			Set Up / Take-Down		
1pm		Social Walking Netball					
2pm		Set Up / Take-Down			Set Up / Take-Down		
3pm		Pickleball		Over 45s Session		MV Gymnastics (Pre-school)	
4pm				Set Up / Take-Down			
5pm			MV Panthers (Under 12 squad) 8-11yrs			Set Up / Take-Down	
6pm	Back to Netball		MV Panthers (Under 14 squad) 12-13yrs	Louth Netball Club	MV Gymnastics (Rise)		
7pm	Set Up / Take-Down		MV Panthers (Under 16 squad & Under 18 squad) 14-15yrs & 16-17yrs				
8pm	Louth Badminton Club		Wheelchair Basketball Louth Jaguars				
9pm							

Don't forget, court hire is included in your membership... **Book on the day.**

