

Meridian Leisure Centre

Main Pool & Leisure Pool Programme

Term Time | 28th April - 4th May

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SP Small Pirate Ship Pool: Temperature: 32 degrees	6am-7am	6am-7am	6am-7am	6am-7am	6am-7am	6am-7am	6am-7am
MAIN POOL Main Pool: Length: 25m Amount of lanes: 8 Temperature: 29 degrees	7am-9am	7am-9am	7am-9am	7am-9am	7am-9am	7am-9am	7am-9am
AQUACISE* Aquacise (45 minutes): Sessions start 5 minutes into a time block. i.e. Aquacise on Monday's 10:05am-10:50am.	8am-9am	8am-9am	8am-9am	8am-9am	8am-9am	8am-9am	8am-9am
INCLUSIVE SWIM Inclusive Swim: This is an open session that factors in sensory and behaviour needs. We won't play any music during this session - & We'll use natural lighting where possible.	9am-10am	9am-10am	9am-10am	9am-10am	9am-10am	9am-10am	9am-10am
SWIM LESSONS Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time... At any venue! One perk of any others, whilst becoming wiser about water! Learn more on our website... #PoolPower	10am-11am	10am-11am	10am-11am	10am-11am	10am-11am	10am-11am	10am-11am
IMPORTANT: OTHER NOTES	<ul style="list-style-type: none"> Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. Note that swimming sessions are not transferable, nor refundable. Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.) Quieter Sessions: Tuesday's & Thursday's from 6am-10am, there will be no music playing in our pool area or corridors. (Sessions without music = 🚫🎵) Flume Opening times: Saturday's: 10am-3:30pm Sunday's: 10am-3pm Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty Manager. Unfortunately this is often for reasons beyond our control. For the most up-to-date programmes, view live the timetables on our website... Or download our free MV app! 						
	6am-9pm	6am-9pm	6am-9pm	6am-9pm	6am-9pm	6am-9pm	6am-9pm

Bookings can be made up to 7 days in advance.
All payments must be made at the time of booking.
Need to cancel a booking? You must cancel at least 48 hours in advance in order to claim a refund.

Prices for Swimming:

Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Aged 2-4yrs	Under 2yrs	Magna Vitae Member (Membership Holder)
£5.85	£4.90	£4.45	£2.50	£1.00	FREE!

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

PILATES	A combination of strength work & stretching that improves your overall posture and mobility. Feel the benefits on the muscles and around the spine.
YOGA	Physical & mental exercises that use stretches and breathing to enhance posture and core stability. Aids feeling relaxed and releases stress.
WHOLE BODY EXERCISE** (HELD IN MULTI-PURPOSE ROOM)	This class uses natural body movements to enhance your posture and strengthen your core. Work major muscle groups improves your co-ordination & better your balance! With this class, you are able to work at your own pace to a variation of rhythms. This class is suitable for all ages and abilities.
BALANCE & MOBILITY PILATES	Elevate your balance, mobility, posture and stability with this thoughtfully crafted class. It seamlessly blends Pilates-inspired movements with stretches and gentle exercises. Perfect for your overall well-being.
WELLNESS HOUR	Wellness Hour is a quiet session where you're able to use space for light aerobics, stretching & floor workouts. This session is unattended. Mats are available but please feel free to bring your own!
AGELESS & AGILE** (HELD IN MULTI-PURPOSE ROOM)	Ageless & Agile is held in our Multi-Purpose room. It's accessible to all - But tailored for adults who may suffer with health conditions. Your weekly social and opportunity to meet new people! With lots of activities, exercises and health & wellbeing advice, expect activities and games like: Boccia, crafts, group events (i.e. sports days), nostalgic games, seated exercises, quizzes... And even discussing health awareness topics like dementia and diabetes! Ageless & Agile is FREE for MV members... (Or only £3.00 per session.)

You can book online and via our free Magna Vitae app! To find out more about our classes & activities, scan here to browse our website!



Scan me!

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	6am		6am	6am	6am	6am	6am
7am	Wellness Hour		7am	7am	7am	7am	7am
8am		Wellness Hour	8am	8am	8am	8am	8am
9am			9am	9am	9am	9am	9am
10am	Pilates	Pilates	Balance & Mobility Pilates	10am	10am	10am	Wellness Hour
11am			Pilates	11am	11am	11am	11am
12pm		Yoga	Whole Body Exercise**	12pm	12pm	12pm	12pm
1pm			1pm	1pm	1pm	1pm	1pm
2pm				Ageless & Agile**	2pm	2pm	2pm
3pm			3pm	3pm	3pm	3pm	3pm
4pm			4pm	4pm	4pm	4pm	4pm
5pm			5pm	5pm	5pm	5pm	5pm
6pm	Yoga	Yoga	Pilates	Yoga	6pm	6pm	6pm
7pm	Yoga	Pilates	Wellness Hour	Wellness Hour	7pm	7pm	7pm
8pm			8pm	8pm	8pm	8pm	8pm
9pm			9pm	9pm	9pm	9pm	9pm

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Prices for Exercise Classes:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!

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Virtual Beginner RPM
Are you new to cycling? Try out the 'Beginner's Virtual RPM' class! You will be shown all the basics from what to do, to how the bike works. *An ideal way to try something new!*

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 per session!*

Virtual SPRINT™
High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results!

CYCLE
Cycle is high-intensity exercise on a stationary bike. Combines cardio and endurance in a calorie-crunching session!

SYNRGY*
Taking place in our Fitness Suite functional area, these classes are a great for enhancing your overall health, strength and fitness.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am							
7am	SPRINT	RPM	SPRINT				
8am	BEGINNER CYCLE	SPRINT	RPM	RPM	RPM	RPM	
9am	RPM		SPRINT	RPM	SPRINT		
10am		SPRINT			CYCLE	SPRINT	
11am	CYCLE	CYCLE			RPM	CYCLE	
12pm				RPM	SPRINT		
1pm		RPM		RPM	SPRINT	SPRINT	
2pm						RPM	SPRINT
3pm	SPRINT		RPM		RPM		RPM
4pm		RPM		RPM	SPRINT	SPRINT	SPRINT
5pm	RPM	SPRINT	SPRINT	SPRINT	RPM	RPM	
6pm	RPM	RPM	RPM	SPRINT	SPRINT	RPM	RPM
7pm	CYCLE	SPRINT	RPM	RPM	BEGINNER RPM		SPRINT
8pm	RPM	RPM	CYCLE	RPM	SPRINT		
9pm	RPM	SPRINT	RPM		RPM		



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BODY CONDITIONING Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	6am	6am	6am	6am	6am	6am	6am
PILATES A combination of stretches and strength work. Great for improving posture & mobility on muscles around the spine.	7am	7am	7am	7am	7am	7am	7am
MATURE MOVERS A lower impact session using toning and mobility exercises, some of which are chair based.	8am Les Mills BodyPUMP	8am	8am	8am	8am	8am	8am
YOGA Physical and mental exercises that use stretching & breathing to help improve posture and core stability, whilst helping you both to relax, and release stress.	9am	9am Les Mills BodyBALANCE	9am	9am Les Mills BodyBALANCE	9am Les Mills CORE	9am Les Mills BodyBALANCE	9am
FITNESS PILATES Pilates inspired exercises combined with functional movements to improve posture, alignment & balance.	10am Body Conditioning	10am Latin Fit	10am Zumba	10am Fitness Pilates	10am Zumba	10am Latin Fit	10am Les Mills BodyPUMP
LATIN FIT Join Kelly to dance your way into fitness with this fun, aerobic style workout!	11am Pilates	11am PiYo	11am Body Conditioning	11am Low Impact Aerobics	11am Body Conditioning	11am Les Mills BodyCOMBAT	11am Les Mills BodyBALANCE
ZUMBA Combine the calorie burning benefits of aerobics with fun dance moves and you have Zumba! Caters for every ability.	12pm Mature Movers	12pm Balance & Mobility	12pm Core & Stretch	12pm Body Conditioning	12pm	12pm Les Mills BodyPUMP	12pm Les Mills Sh'Bam
CORE & STRETCH Benefit your whole body with some stretching, strength work and a bit of relaxation. (This is a floor-based class.)	1pm Pilates	1pm	1pm Yoga	1pm	1pm Les Mills BodyPUMP	1pm	1pm Les Mills CORE
LOW IMPACT AEROBICS Based on traditional aerobics, with great music... But with choreography that is designed to be a slightly slower tempo than that of your typical aerobics.	2pm	2pm	2pm Les Mills BodyPUMP	2pm Cardiac Rehab	2pm	2pm Les Mills Sh'Bam	2pm
CLUB FIT Aerobic dance exercise. Enjoy old skool tunes in a darkened room with dazzling disco lights.	3pm	3pm	3pm Private Hire	3pm	3pm Les Mills BodyCOMBAT	3pm	3pm Les Mills BodyPUMP
BALANCE & MOBILITY A circuit-style class to enhance balance, mobility, posture, overall functionality, and stability. (Light exercise and stretching.)	4pm Les Mills Sh'Bam	4pm Les Mills BodyCOMBAT	4pm Les Mills BodyPUMP	4pm Cardiac Rehab	4pm	4pm	4pm Les Mills BodyPUMP
PIYO PiYo combines the strength of Pilates with the flexibility of yoga. A low impact class.	5pm Fitness Pilates	5pm	5pm Les Mills BodyCOMBAT	5pm Les Mills BodyPUMP	5pm	5pm	5pm Les Mills BodyBALANCE
LEGS, BUMS & TUMS An aerobic-inspired, full-body workout that aims to tone up your thighs, bum & stomach. Perfect for enhancing your overall fitness levels.	6pm Les Mills BodyPUMP	6pm Zumba	6pm CLUBFIT	6pm Body Conditioning	6pm Latin Fit	6pm	6pm Private Hire
	7pm Les Mills BodyCOMBAT	7pm	7pm	7pm	7pm	7pm	7pm
	8pm Les Mills BodyCOMBAT	8pm Les Mills BodyPUMP	8pm PiYo	8pm Legs, Bums & Tums	8pm Les Mills Sh'Bam	8pm	8pm
	9pm Les Mills BodyCOMBAT	9pm Les Mills CORE	9pm Les Mills BodyPUMP	9pm Les Mills BodyPUMP	9pm	9pm	9pm

Virtual Exercise Classes: VIRTUAL

Virtual Body BALANCE™	A yoga-based class that embraces elements of Tai Chi and Pilates. Improve your mind, body and life! Bend, stretch and relax your way through simple moves.	Virtual Body COMBAT™	A fast paced workout to burn the calories! Punch, kick and jump along to this cardiovascular workout.
Virtual Body PUMP™	A full body workout set to great music. Combine light weights with high repetitions to improve muscle tone.	Virtual CORE™	Beneficial for your hips, butt and lower back! Not only that, cx worx is great for building overall core and body strength!

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Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!
Virtual Classes	£3.85	£3.20	£2.80	FREE!

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OVER 45'S Join in with a bit of badminton, new age kurling, short mat bowls or even table tennis! A great way to socialise weekly, and meet both new and familiar faces!	7am	7am	7am	7am	7am	7am	7am
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've 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. (Fun & social!)	8am	8am	8am	8am	8am	8am	8am
LOUTH BADMINTON CLUB A friendly adults badminton club, playing on a Monday evening from 7.30pm-9.30pm. Louth Badminton Club play social, mixed badminton... And they welcome all abilities, so be sure to come and join them! You can get in touch with the Louth Badminton Club by emailing them via: louthbc2020@gmail.com.	9am	9am	9am	9am	9am	9am	9am
SOCIAL WALKING NETBALL Social walking netball is suitable for all! This session is particularly ideal for those wishing to take part in a sport they enjoy at a slower pace. Come along for a chat and some fun! (Never played before? Well, don't worry, because the group of lovely 'regulars' that attend each week are welcoming to all ages and abilities! Book in and join them.	10am	10am	10am	10am	10am	10am	10am
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 & weaknesses, and helping to build self-confidence... This means that each person feels like a valued member of the team. Welcome to people of all ages and abilities!	11am	11am	11am	11am	11am	11am	11am
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) and 8:00-9:00pm: (Age 16+). For any queries or additional information, please get in touch with Carolyn via email: carolynblackburn0409@gmail.com	12pm	12pm	12pm	12pm	12pm	12pm	12pm
PICKLEBALL Easy to play and simple to learn for people of all ages. Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment is provided.	1pm	1pm	1pm	1pm	1pm	1pm	1pm
	2pm	2pm	2pm	2pm	2pm	2pm	2pm
	3pm	3pm	3pm	3pm	3pm	3pm	3pm
	4pm	4pm	4pm	4pm	4pm	4pm	4pm
	5pm	5pm	5pm	5pm	5pm	5pm	5pm
	6pm	6pm	6pm	6pm	6pm	6pm	6pm
	7pm	7pm	7pm	7pm	7pm	7pm	7pm
	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	9pm	9pm

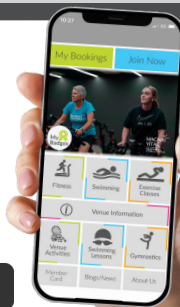
You can book online & via our app!
To find out prices & more for Sports Hall activities, browse [our website](#):



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Download Magna Vitae's app for FREE! Be 'appy.



Meridian Leisure Centre

Main Pool & Leisure Pool Programme

Term Time | 5th May - 11th May

Venue Opening Times | Bank Holiday Monday: 6am-3pm | Tuesday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SP Small Pirate Ship Pool: Temperature: 32 degrees	6am-7am	6am-7am	6am-7am	6am-7am	6am-7am	6am-7am	6am-7am
MAIN POOL Main Pool: Length: 25m Amount of lanes: 8 Temperature: 29 degrees	6am-3pm BANK HOLIDAY Opening hours: 6am-3pm	Louth Swim Club	Louth Swim Club	Louth Swim Club	Louth Swim Club	Louth Swim Club	Louth Swim Club
AQUACISE* Aquacise (45 minutes): Sessions start 5 minutes into a time block. i.e. Aquacise on Monday's 10:05am-10:50am.	7am-9am Lane Swim	7am-9am Lane Swim	7am-9am Lane Swim	7am-9am Lane Swim	7am-9am Lane Swim	7.15am-8am Lane Swim 3 lanes	7.30am-8am Lane Swim 5 lanes
INCLUSIVE SWIM Inclusive Swim: This is an open session that factors in sensory and behaviour needs. We won't play any music during this session - & We'll use natural lighting where possible.	8am-9am Louth Swim Club	8am-9am Louth Swim Club	8am-9am Louth Swim Club	8am-9am Louth Swim Club	8am-9am Louth Swim Club	8am-9am Louth Swim Club	8am-9am Louth Swim Club
SWIM LESSONS Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time... At any venue! One perk of many others, whilst becoming wiser about water! Learn more on our website... #PoolPower	9am-10am Swim Lessons	9am-10am Swim Lessons	9am-10am Swim Lessons	9am-10am Swim Lessons	9am-10am Swim Lessons	9am-10am Swim Lessons	9am-10am Swim Lessons
IMPORTANT: OTHER NOTES	10am-11am General Swim	10am-11am General Swim	10am-11am General Swim	10am-11am General Swim	10am-11am General Swim	10am-11am General Swim	10am-11am General Swim
Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. Note that swimming sessions are not transferable, nor refundable.	11am-12pm General Swim	11am-12pm General Swim	11am-12pm General Swim	11am-12pm General Swim	11am-12pm General Swim	11am-12pm General Swim	11am-12pm General Swim
Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.)	12pm-1pm General Swim	12pm-1pm General Swim	12pm-1pm General Swim	12pm-1pm General Swim	12pm-1pm General Swim	12pm-1pm General Swim	12pm-1pm General Swim
Quieter Sessions: Tuesday's & Thursday's from 6am-10am, there will be no music playing in our pool area or corridors. (Sessions without music = 🤫)	1pm-2pm Family Fun Splash	1pm-2pm Family Fun Splash	1pm-2pm Family Fun Splash	1pm-2pm Family Fun Splash	1pm-2pm Family Fun Splash	1pm-2pm Family Fun Splash	1pm-2pm Family Fun Splash
Flume Opening times: Saturday's: 10am-3:30pm Sunday's: 10am-3pm	2pm-3pm General Swim	2pm-3pm General Swim	2pm-3pm General Swim	2pm-3pm General Swim	2pm-3pm General Swim	2pm-3pm General Swim	2pm-3pm General Swim
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	5pm-6pm Swim Lessons	5pm-6pm Swim Lessons	5pm-6pm Swim Lessons	5pm-6pm Swim Lessons	5pm-6pm Swim Lessons	5pm-6pm Swim Lessons	5pm-6pm Swim Lessons
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11am			Pilates		Pilates	Wellness Hour	
12pm		Yoga	Whole Body Exercise**		Pilates		
1pm							
2pm				Ageless & Agile**			
3pm							
4pm							
5pm							
6pm		Yoga	Pilates				
7pm				Wellness Hour			
8pm		Pilates	Wellness Hour		Wellness Hour		
9pm							

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VIRTUAL

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Taking place in our Fitness Suite functional area, these classes are a great for enhancing your overall health, strength and fitness.

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6am	BANK HOLIDAY Opening hours: 6am-3pm						
7am	SPRINT	RPM	SPRINT				
8am	BEGINNER CYCLE	SPRINT	RPM	RPM	RPM	RPM	
9am	RPM		SPRINT	RPM	SPRINT		
10am		SPRINT				SPRINT	
11am	CYCLE	CYCLE			CYCLE	CYCLE	
12pm				RPM	RPM		
1pm		RPM			SPRINT	SPRINT	
2pm				RPM		RPM	SPRINT
3pm					RPM		
4pm		RPM	RPM	RPM	SPRINT	SPRINT	RPM
5pm		SPRINT	SPRINT	SPRINT	RPM	RPM	SPRINT
6pm		RPM	RPM	SPRINT	SPRINT	RPM	RPM
7pm		SPRINT	RPM	RPM	BEGINNER RPM	RPM	SPRINT
8pm		RPM	CYCLE	RPM	SPRINT		
9pm		SPRINT	RPM		RPM		



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Prices for Exercise Classes:

	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Virtual Classes	£3.85	£3.20	£2.80	FREE!

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

Venue Opening Times | Bank Holiday Monday: 6am-3pm | Tuesday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODY CONDITIONING Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	BANK HOLIDAY						
	Opening hours: 6am-3pm						
PILATES A combination of stretches and strength work. Great for improving posture & mobility on muscles around the spine.	6am	6am	6am	6am	6am	6am	6am
MATURE MOBILES A lower impact session using toning and mobility exercises, some of which are chair based.	7am	7am	7am	7am	7am	7am	7am
YOGA Physical and mental exercises that use stretching & breathing to help improve posture and core stability, whilst helping you both to relax, and release stress.	8am	8am	8am	8am	8am	8am	8am
FITNESS PILATES Pilates inspired exercises combined with functional movements to improve posture, alignment & balance.	9am	9am	9am	9am	9am	9am	9am
LATIN FIT Join Kelly to dance your way into fitness with this fun, aerobic style workout!	10am	10am	10am	10am	10am	10am	10am
ZUMBA Combine the calorie burning benefits of aerobics with fun dance moves and you have Zumba! Caters for every ability.	11am	11am	11am	11am	11am	11am	11am
CORE & STRETCH Benefit your whole body with some stretching, strength work and a bit of relaxation. (This is a floor-based class.)	12pm	12pm	12pm	12pm	12pm	12pm	12pm
LOW IMPACT AEROBICS Based on traditional aerobics, with great music... <i>But with choreography that is designed to be a slightly slower tempo than that of your typical aerobics.</i>	1pm	1pm	1pm	1pm	1pm	1pm	1pm
CLUB FIT Aerobic dance exercise. Enjoy old skool tunes in a darkened room with dazzling disco lights.	2pm	2pm	2pm	2pm	2pm	2pm	2pm
BALANCE & MOBILITY A circuit-style class to enhance balance, mobility, posture, overall functionality, and stability. (Light exercise and stretching.)	3pm	3pm	3pm	3pm	3pm	3pm	3pm
PIYO PiYo combines the strength of Pilates with the flexibility of yoga. A low impact class.	4pm	4pm	4pm	4pm	4pm	4pm	4pm
LEGS, BUMS & TUMS An aerobic-inspired, full-body workout that aims to tone up your thighs, bum & stomach. Perfect for enhancing your overall fitness levels.	5pm	5pm	5pm	5pm	5pm	5pm	5pm
	6pm	6pm	6pm	6pm	6pm	6pm	6pm
	7pm	7pm	7pm	7pm	7pm	7pm	7pm
	8pm	8pm	8pm	8pm	8pm	8pm	8pm
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Virtual Exercise Classes: VIRTUAL

Virtual Body BALANCE™	A yoga-based class that embraces elements of Tai Chi and Pilates. Improve your mind, body and life! Bend, stretch and relax your way through simple moves.	Virtual Body COMBAT™	A fast paced workout to burn the calories! Punch, kick and jump along to this cardiovascular workout.
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OVER 45'S Join in with a bit of badminton, new age kurling, short mat bowls or even table tennis! A great way to socialise weekly, and meet both new and familiar faces!							
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've 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. (Fun & social!)	BANK HOLIDAY Opening hours: 6am-3pm						
LOUTH BADMINTON CLUB A friendly adults badminton club, playing on a Monday evening from 7.30pm-9.30pm. Louth Badminton Club play social, mixed badminton... And they welcome all abilities, so be sure to come and join them! You can get in touch with the Louth Badminton Club by emailing them via: louthbc2020@gmail.com.							
SOCIAL WALKING NETBALL Social walking netball is suitable for all! This session is particularly ideal for those wishing to take part in a sport they enjoy at a slower pace. Come along for a chat and some fun! (Never played before? Well, don't worry, because the group of lovely 'regulars' that attend each week are welcoming to all ages and abilities! Book in and join them.							
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 & weaknesses, and helping to build self-confidence... This means that each person feels like a valued member of the team. Welcome to 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) and 8:00-9:00pm: (Age 16+). For any queries or additional information, please get in touch with Carolyn via email: carolynblackburn0409@gmail.com							
PICKLEBALL Easy to play and simple to learn for people of all ages. Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment is provided.							
	7am	7am	7am	7am	7am	7am	7am
	8am						8am Set Up / Take-Down
	9am		Set Up / Take-Down				9am
	10am	Set Up / Take-Down			Set Up / Take-Down		10am Football Fun Factory
	11am	Over 45's Session			Home Education Session	MV Gymnastics (Rise)	11am Set Up / Take-Down
	12pm	Set Up / Take-Down	MV Gymnastics (Pre-school)		Set Up / Take-Down		12pm
	1pm	Social Walking Netball					1pm
	2pm	Set Up / Take-Down		Set Up / Take-Down			2pm
	3pm	Pickleball	Set Up / Take-Down	Over 45's Session	Set Up / Take-Down	MV Gymnastics (Pre-school)	3pm
	4pm			Set Up / Take-Down			4pm
	5pm					Set Up / Take-Down	5pm
	6pm				MV Gymnastics (Rise)		6pm
	7pm		Wheelchair Basketball (Louth Jaguars)	Louth Netball Club			7pm
	8pm						8pm
	9pm						9pm

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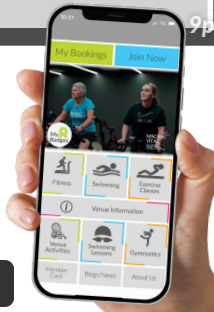
You can book online & via our app! To find out prices & more for Sports Hall activities, browse our website:



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Download Magna Vitae's app for FREE! Be 'appy.



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SP Small Pirate Ship Pool: Temperature: 32 degrees	6am-7am	6am-7am	6am-7am	6am-7am	6am-7am	6am-7am	6am-7am
MAIN POOL Main Pool: Length: 25m Amount of lanes: 8 Temperature: 29 degrees	7am-8am: Louth Swim Club 8am-9am: Lane Swim 6.15am-9am	7am-8am: Lane Swim 7am-9am	7am-8am: Lane Swim 7am-9am	7am-8am: Lane Swim 7am-9am	7am-8am: Lane Swim 6.15am-9am	7am-8am: Lane Swim 7.30am 5 lanes	7am-8am: Lane Swim 7.30am 5 lanes
AQUACISE* Aquacise (45 minutes): Sessions start 5 minutes into a time block. i.e. Aquacise on Monday's 10:05am-10:50am.	10:05-10:50am	12:15pm-1pm	12:15-1pm	10:05-10:50am	10:05-10:50am		
INCLUSIVE SWIM Inclusive Swim: This is an open session that factors in sensory and behaviour needs. We won't play any music during this session - & We'll use natural lighting where possible.	9am-10am	9am-10am	9am-10am	9am-10am	9am-10am	9am-10am	9am-10am
SWIM LESSONS Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time... At any venue! One perk of many others, whilst becoming wiser about water! Learn more on our website... #PoolPower	10am-11am: Aquacise* 11am-12pm: Swim Lessons 12pm-1pm: School Swim	10am-11am: General Swim 11am-12pm: General Swim	10am-11am: Small Pirate Pool 11am-12pm: Swim Lessons 12pm-1pm: Aquacise*	10am-11am: Aquacise* 11am-12pm: Swim Lessons 12pm-1pm: Over 50's 12pm	10am-11am: Aquacise* 11am-12pm: School Swim 12pm-1pm: Lane Swim	10am-11am: Swim Lessons 11am-12pm: General Swim	10am-11am: Swim Lessons 11am-12pm: General Swim
IMPORTANT: OTHER NOTES	<ul style="list-style-type: none"> Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. Note that swimming sessions are not transferable, nor refundable. Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.) Quieter Sessions: Tuesday's & Thursday's from 6am-10am, there will be no music playing in our pool area or corridors. (Sessions without music = 🚫🎵) Flume Opening times: Saturday's: 10am-3:30pm Sunday's: 10am-3pm Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty Manager. Unfortunately this is often for reasons beyond our control. For the most up-to-date programmes, view live the timetables on our website... Or download our free MV app! 						
	1pm-2pm: Lane Swim 2pm-3pm: School Swim 3pm-4pm: General Swim 4pm-5pm: Small Pirate Pool 5pm-6pm: General Swim 6pm-7pm: Louth Swim Club 7pm-8pm: WB Club 8pm-9pm: Lane Swim 8.00pm 2 lanes	1pm-2pm: Lane Swim 2pm-3pm: General Swim 3pm-4pm: General Swim 4pm-5pm: Small Pirate Pool 5pm-6pm: Louth Swim Club 6pm-7pm: Louth Swim Club 7pm-8pm: General Swim 8pm-9pm: Lane Swim 8.00pm 3 lanes	1pm-2pm: Lane Swim 2pm-3pm: Staff Training 3pm-4pm: Small Pirate Pool 4pm-5pm: Swim Lessons 5pm-6pm: Small Pirate Pool 6pm-7pm: Aquacise* 7pm-8pm: Tri Club 8pm-9pm: Lane Swim 8.00pm 3 lanes	1pm-2pm: Lane Swim 2pm-3pm: School Swim 3pm-4pm: Inclusive Swim 4pm-5pm: General Swim 5pm-6pm: Swim Lessons 6pm-7pm: Louth Swim Club 7pm-8pm: Lane Swim 8.00pm 3 lanes	1pm-2pm: Lane Swim 2pm-3pm: General Swim 3pm-4pm: Small Pirate Pool 4pm-5pm: Swim Lessons 5pm-6pm: Louth Swim Club 6pm-7pm: Louth Swim Club 7pm-8pm: Lane Swim 8.00pm 3 lanes	1pm-2pm: Lane Swim 2pm-3pm: Family Fun Splash 3pm-4pm: General Swim 4pm-5pm: Louth Swim Club 5pm-6pm: Louth Swim Club 6pm-7pm: Louth Swim Club 7pm-8pm: Louth Swim Club 8pm-9pm: Louth Swim Club	1pm-2pm: Family Fun Splash 2pm-3pm: General Swim 3pm-4pm: Louth Swim Club 4pm-5pm: Louth Swim Club 5pm-6pm: Louth Swim Club 6pm-7pm: Louth Swim Club 7pm-8pm: Louth Swim Club 8pm-9pm: Louth Swim Club

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Prices for Swimming:

Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Aged 2-4yrs	Under 2yrs	Magna Vitae Member (Membership Holder)
£5.85	£4.90	£4.45	£2.50	£1.00	FREE!

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

PILATES
A combination of strength work & stretching that improves your overall posture and mobility. Feel the benefits on the muscles and around the spine.

YOGA
Physical & mental exercises that use stretches and breathing to enhance posture and core stability. Aids feeling relaxed and releases stress.

WHOLE BODY EXERCISE (HELD IN MULTI-PURPOSE ROOM)**
This class uses natural body movements to enhance your posture and strengthen your core. Work major muscle groups improves your co-ordination & better your balance! With this class, you are able to work at your own pace to a variation of rhythms. This class is suitable for all ages and abilities.

BALANCE & MOBILITY PILATES
Elevate your balance, mobility, posture and stability with this thoughtfully crafted class. It seamlessly blends Pilates-inspired movements with stretches and gentle exercises. Perfect for your overall well-being.

WELLNESS HOUR
Wellness Hour is a quiet session where you're able to use space for light aerobics, stretching & floor workouts. This session is unmanned. *Mats are available but please feel free to bring your own!*

AGELESS & AGILE (HELD IN MULTI-PURPOSE ROOM)**
Ageless & Agile is held in our Multi-Purpose room. It's accessible to all - But tailored for adults who may suffer with health conditions. Your weekly social and opportunity to meet new people! With lots of activities, exercises and health & wellbeing advice, expect activities and games like: Boccia, crafts, group events (i.e. sports days), nostalgic games, seated exercises, quizzes... And even discussing health awareness topics like dementia and diabetes! **Ageless & Agile is FREE for MV members...** (Or only £3.00 per session.)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am							
7am	Wellness Hour				Wellness Hour		
8am		Wellness Hour					
9am							Wellness Hour
10am	Pilates	Pilates	Balance & Mobility Pilates				
11am			Pilates		Pilates	Wellness Hour	
12pm		Yoga	Whole Body Exercise**		Pilates		
1pm							
2pm				Ageless & Agile**			
3pm							
4pm							
5pm							
6pm	Yoga	Yoga	Pilates	Yoga			
7pm	Yoga	Pilates	Wellness Hour	Wellness Hour			
8pm					Wellness Hour		
9pm							

You can book online and via our free Magna Vitae app! To find out more about our classes & activities, scan here to browse our website!



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Virtual Beginner RPM
Are you new to cycling? Try out the 'Beginner's Virtual RPM' class! You will be shown all the basics from what to do, to how the bike works. An ideal way to try something new!

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 per session!
VIRTUAL

Virtual SPIN™
High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results!
VIRTUAL

CYCLE
Cycle is high-intensity exercise on a stationary bike. Combines cardio and endurance in a calorie-crunching session!

SYNRGY*
Taking place in our Fitness Suite functional area, these classes are a great for enhancing your overall health, strength and fitness.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am							
7am	SPRINT	RPM	SPRINT				
8am	BEGINNER CYCLE	SPRINT	RPM	RPM	RPM	RPM	
9am	RPM		SPRINT	RPM	SPRINT		
10am		SPRINT			CYCLE	SPRINT	
11am	CYCLE	CYCLE			RPM	CYCLE	
12pm					SPRINT		
1pm		RPM		RPM	SPRINT	SPRINT	
2pm						RPM	SPRINT
3pm	SPRINT		RPM		RPM		
4pm		RPM		RPM	SPRINT	SPRINT	RPM
5pm	RPM	SPRINT	SPRINT	SPRINT	RPM		SPRINT
6pm	RPM	RPM	RPM	SPRINT	SPRINT	RPM	RPM
7pm	CYCLE	SPRINT	RPM	RPM	BEGINNER RPM	RPM	SPRINT
8pm	RPM	RPM	CYCLE	RPM	SPRINT		
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	7pm	7pm	7pm	7pm	7pm	7pm	7pm
	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	9pm	9pm

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SOCIAL WALKING NETBALL Social walking netball is suitable for all! This session is particularly ideal for those wishing to take part in a sport they enjoy at a slower pace. Come along for a chat and some fun! (Never played before? Well, don't worry, because the group of lovely 'regulars' that attend each week are welcoming to all ages and abilities! Book in and join them.	9am	9am	9am	9am	9am	9am	9am
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PICKLEBALL Easy to play and simple to learn for people of all ages. Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment is provided.	12pm	12pm	12pm	12pm	12pm	12pm	12pm
	1pm	1pm	1pm	1pm	1pm	1pm	1pm
	2pm	2pm	2pm	2pm	2pm	2pm	2pm
	3pm	3pm	3pm	3pm	3pm	3pm	3pm
	4pm	4pm	4pm	4pm	4pm	4pm	4pm
	5pm	5pm	5pm	5pm	5pm	5pm	5pm
	6pm	6pm	6pm	6pm	6pm	6pm	6pm
	7pm	7pm	7pm	7pm	7pm	7pm	7pm
	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	9pm	9pm

OVER 45'S
Join in with a bit of badminton, new age kurling, short mat bowls or even table tennis! A great way to socialise weekly, and meet both new and familiar faces!

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've 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. (Fun & social!)

LOUTH BADMINTON CLUB
A friendly adults badminton club, playing on a Monday evening from 7.30pm-9.30pm. Louth Badminton Club play social, mixed badminton... And they welcome all abilities, so be sure to come and join them! You can get in touch with the Louth Badminton Club by emailing them via: louthbc2020@gmail.com.

SOCIAL WALKING NETBALL
Social walking netball is suitable for all! This session is particularly ideal for those wishing to take part in a sport they enjoy at a slower pace. Come along for a chat and some fun! (Never played before? Well, don't worry, because the group of lovely 'regulars' that attend each week are welcoming to all ages and abilities! Book in and join them.

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 & weaknesses, and helping to build self-confidence... This means that each person feels like a valued member of the team. Welcome to 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) and 8:00-9:00pm: (Age 16+). For any queries or additional information, please get in touch with Carolyn via email: carolynblackburn0409@gmail.com

PICKLEBALL
Easy to play and simple to learn for people of all ages. Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment is provided.

Bookings can be made up to 7 days in advance.
 All payments must be made at the time of booking.
 Need to cancel a booking? You must cancel at least 48 hours in advance in order to claim a refund.

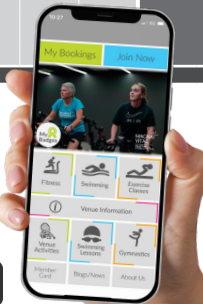
You can book online & via our app!
 To find out prices & more for Sports Hall activities, browse our website:



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Download Magna Vitae's app for FREE! Be 'appy.



Meridian Leisure Centre

Main Pool & Leisure Pool Programme

Half Term | 26th May - 1st June

Venue Opening Times | Bank Holiday Monday: 6am-3pm | Tuesday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SP Small Pirate Ship Pool: Temperature: 32 degrees							
MAIN POOL Main Pool: Length: 25m Amount of lanes: 8 Temperature: 29 degrees	BANK HOLIDAY Opening hours: 6am-3pm		Louth Swim Club	Louth Swim Club	Louth Swim Club		
AQUACISE* Aquacise (45 minutes): Sessions start 5 minutes into a time block. i.e. Aquacise on Monday's 10:05am-10:50am.							
INCLUSIVE SWIM Inclusive Swim: This is an open session that factors in sensory and behaviour needs. We won't play any music during this session - & We'll use natural lighting where possible.							
SWIM LESSONS Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time... <i>At any venue!</i> One perk of many others, whilst becoming wiser about water! Learn more on our website... #PoolPower							
IMPORTANT: OTHER NOTES <ul style="list-style-type: none"> Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. Note that swimming sessions are not transferable, nor refundable. Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.) Quieter Sessions: Tuesday's & Thursday's from 6am-10am, there will be no music playing in our pool area or corridors. (Sessions without music = 🚫🎵) Flume Opening times: Monday: 10am-3pm Tuesday - Friday: 10am-4pm Saturday: 10am-3:30pm Sunday: 10am-3pm Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty Manager. Unfortunately this is often for reasons beyond our control. For the most up-to-date programmes, view the live timetables on our website... Or download our free MV app! 							
6am							
7am							
8am	Lane Swim 7am-9am	Lane Swim 7am-9am	Lane Swim 7am-9am	Lane Swim 7am-9am	Lane Swim 7am-9am	Lane Swim 7.15am 3 lanes	Lane Swim 7.45am 3 lanes
9am		Family Fun Splash	General Swim	General Swim	General Swim		
10am	Swim Lessons	Swim Lessons	Swim Lessons	Aquacise* 10:05-10:50am	Aquacise* 10:05-10:50am		Swim Lessons
11am	General Swim	General Swim	General Swim	General Swim	General Swim		Swim Lessons
12pm	Small Pirate Pool	Swim Lessons	Swim Lessons	Over 50's 12pm	General Swim		General Swim
1pm	Small Pirate Pool	Aquacise* 12:15pm - 1pm	Aquacise* 12:15-1pm	Family Fun Splash	Family Fun Splash		Family Fun Splash
2pm	Family Fun Splash	Family Fun Splash	Lane Swim	General Swim	General Swim		General Swim
3pm	General Swim	General Swim	Pool Inflatable 2.30pm-3.30pm (Byrs+ and must be able to swim 50m)	Inclusive Swim	General Swim		Inclusive Swim
4pm							
5pm		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
6pm							Louth Swim Club
7pm							
8pm		General Swim 8.00pm 3 lanes	Lane Swim 8.00pm 3 lanes	Tri Club 8.00pm 5 lanes	Lane Swim 8.00pm 3 lanes		
9pm							

• Bookings can be made up to 7 days in advance.
 • All payments must be made at the time of booking.
 • **Need to cancel a booking?** You must cancel at least 48 hours in advance in order to claim a refund.

Prices for Swimming:

Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Aged 2-4yrs	Under 2yrs	Magna Vitae Member (Membership Holder)
£5.85	£4.90	£4.45	£2.50	£1.00	FREE!

Venue Opening Times | Bank Holiday Monday: 6am-3pm | Tuesday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

PILATES
A combination of strength work & stretching that improves your overall posture and mobility. Feel the benefits on the muscles and around the spine.

YOGA
Physical & mental exercises that use stretches and breathing to enhance posture and core stability. Aids feeling relaxed and releases stress.

WHOLE BODY EXERCISE (HELD IN MULTI-PURPOSE ROOM)**
This class uses natural body movements to enhance your posture and strengthen your core. Work major muscle groups improves your co-ordination & better your balance! With this class, you are able to work at your own pace to a variation of rhythms. This class is suitable for all ages and abilities.

BALANCE & MOBILITY PILATES
Elevate your balance, mobility, posture and stability with this thoughtfully crafted class. It seamlessly blends Pilates-inspired movements with stretches and gentle exercises. Perfect for your overall well-being.

WELLNESS HOUR
Wellness Hour is a quiet session where you're able to use space for light aerobics, stretching & floor workouts. This session is unmanned. *Mats are available but please feel free to bring your own!*

AGELESS & AGILE (HELD IN MULTI-PURPOSE ROOM)**
Ageless & Agile is held in our Multi-Purpose room. It's accessible to all - But tailored for adults who may suffer with health conditions. Your weekly social and opportunity to meet new people! With lots of activities, exercises and health & wellbeing advice, expect activities and games like: Boccia, crafts, group events (i.e. sports days), nostalgic games, seated exercises, quizzes... And even discussing health awareness topics like dementia and diabetes! **Ageless & Agile is FREE for MV members...** (Or only £3.00 per session.)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	BANK HOLIDAY Opening hours: 6am-3pm						
7am	Wellness Hour				Wellness Hour		
8am		Wellness Hour					
9am							Wellness Hour
10am		Pilates	Balance & Mobility Pilates				
11am			Pilates		Pilates	Wellness Hour	
12pm		Yoga	Whole Body Exercise**		Pilates		
1pm							
2pm				Ageless & Agile**			
3pm							
4pm							
5pm							
6pm		Yoga	Pilates	Yoga			
7pm				Wellness Hour			
8pm		Pilates	Wellness Hour		Wellness Hour		
9pm							

You can book online and via our free Magna Vitae app! To find out more about our classes & activities, scan here to browse our website!



Scan me!

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- All payments must be made at the time of booking.
- **Need to cancel a booking?** You must cancel at least 48 hours in advance in order to claim a refund.

Prices for Exercise Classes:

	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!

Venue Opening Times | Bank Holiday Monday: 6am-3pm | Tuesday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

Virtual Beginner RPM
Are you new to cycling? Try out the 'Beginner's Virtual RPM' class! You will be shown all the basics from what to do, to how the bike works. An ideal way to try something new!

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 per session!
VIRTUAL

Virtual SPRINT™
High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results!
VIRTUAL

CYCLE
Cycle is high-intensity exercise on a stationary bike. Combines cardio and endurance in a calorie-crunching session!

SYNRGY*
Taking place in our Fitness Suite functional area, these classes are a great for enhancing your overall health, strength and fitness.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	BANK HOLIDAY Opening hours: 6am-3pm						
7am	SPRINT	RPM	SPRINT				
8am	BEGINNER CYCLE	SPRINT	RPM	RPM	RPM	RPM	
9am	RPM		SPRINT	RPM	SPRINT		
10am	CYCLE	SPRINT			CYCLE	SPRINT	
11am		CYCLE		RPM	RPM	CYCLE	
12pm					SPRINT		
1pm		RPM		RPM	SPRINT	SPRINT	
2pm						RPM	SPRINT
3pm					RPM		RPM
4pm		RPM	RPM	RPM	SPRINT	SPRINT	SPRINT
5pm		SPRINT	SPRINT	SPRINT	RPM	RPM	RPM
6pm		RPM	RPM	SPRINT	SPRINT	RPM	RPM
7pm		SPRINT	RPM	RPM	BEGINNER RPM		SPRINT
8pm		RPM	CYCLE	RPM	SPRINT		
9pm		SPRINT	RPM		RPM		



Scan me!

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Prices for Exercise Classes:

	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Virtual Classes	£3.85	£3.20	£2.80	FREE!

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Venue Opening Times | Bank Holiday Monday: 6am-3pm | Tuesday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODY CONDITIONING Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	BANK HOLIDAY						
PILATES A combination of stretches and strength work. Great for improving posture & mobility on muscles around the spine.	Opening hours: 6am-3pm						
MATURE MOBILES A lower impact session using toning and mobility exercises, some of which are chair based.	6am	6am	6am	6am	6am	6am	6am
YOGA Physical and mental exercises that use stretching & breathing to help improve posture and core stability, whilst helping you both to relax, and release stress.	7am	7am	7am	7am	7am	7am	7am
FITNESS PILATES Pilates inspired exercises combined with functional movements to improve posture, alignment & balance.	8am	8am	8am	8am	8am	8am	8am
LATIN FIT Join Kelly to dance your way into fitness with this fun, aerobic style workout!	9am	9am	9am	9am	9am	9am	9am
ZUMBA Combine the calorie burning benefits of aerobics with fun dance moves and you have Zumba! Caters for every ability.	10am	10am	10am	10am	10am	10am	10am
CORE & STRETCH Benefit your whole body with some stretching, strength work and a bit of relaxation. (This is a floor-based class.)	11am	11am	11am	11am	11am	11am	11am
LOW IMPACT AEROBICS Based on traditional aerobics, with great music... <i>But with choreography that is designed to be a slightly slower tempo than that of your typical aerobics.</i>	12pm	12pm	12pm	12pm	12pm	12pm	12pm
CLUB FIT Aerobic dance exercise. Enjoy old skool tunes in a darkened room with dazzling disco lights.	1pm	1pm	1pm	1pm	1pm	1pm	1pm
BALANCE & MOBILITY A circuit-style class to enhance balance, mobility, posture, overall functionality, and stability. (Light exercise and stretching.)	2pm	2pm	2pm	2pm	2pm	2pm	2pm
PIYO PiYo combines the strength of Pilates with the flexibility of yoga. A low impact class.	3pm	3pm	3pm	3pm	3pm	3pm	3pm
LEGS, BUMS & TUMS An aerobic-inspired, full-body workout that aims to tone up your thighs, bum & stomach. Perfect for enhancing your overall fitness levels.	4pm	4pm	4pm	4pm	4pm	4pm	4pm
	5pm	5pm	5pm	5pm	5pm	5pm	5pm
	6pm	6pm	6pm	6pm	6pm	6pm	6pm
	7pm	7pm	7pm	7pm	7pm	7pm	7pm
	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	9pm	9pm

Virtual Exercise Classes: VIRTUAL

Virtual Body BALANCE™	A yoga-based class that embraces elements of Tai Chi and Pilates. Improve your mind, body and life! Bend, stretch and relax your way through simple moves.	Virtual Body COMBAT™	A fast paced workout to burn the calories! Punch, kick and jump along to this cardiovascular workout.
Virtual Body PUMP™	A full body workout set to great music. Combine light weights with high repetitions to improve muscle tone.	Virtual CORE™	Beneficial for your hips, butt and lower back! Not only that, cx work is great for building overall core and body strength!

- Bookings can be made up to 7 days in advance.
- All payments must be made at the time of booking.
- Need to cancel a booking?** You must cancel at least 48 hours in advance in order to claim a refund.

Prices for Exercise Classes:

	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
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Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!
Virtual Classes	£3.85	£3.20	£2.80	FREE!

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OVER 45'S Join in with a bit of badminton, new age kurling, short mat bowls or even table tennis! A great way to socialise weekly, and meet both new and familiar faces!	BANK HOLIDAY Opening hours: 6am-3pm						
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've 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. (Fun & social!)			Set Up / Take-Down			MV Gymnastics (Rise)	Set Up / Take-Down
		Set Up / Take-Down			Set Up / Take-Down		
LOUTH BADMINTON CLUB A friendly adults badminton club, playing on a Monday evening from 7.30pm-9.30pm. Louth Badminton Club play social, mixed badminton... And they welcome all abilities, so be sure to come and join them! You can get in touch with the Louth Badminton Club by emailing them via: louthbc2020@gmail.com.		Over 45's Session	MV Gymnastics (Pre-school)		Home Education Session	MV Gymnastics (Pre-school)	Football Fun Factory
		Set Up / Take-Down			Set Up / Take-Down		
SOCIAL WALKING NETBALL Social walking netball is suitable for all! This session is particularly ideal for those wishing to take part in a sport they enjoy at a slower pace. Come along for a chat and some fun! (Never played before? Well, don't worry, because the group of lovely 'regulars' that attend each week are welcoming to all ages and abilities! Book in and join them.		Social Walking Netball					
		Set Up / Take-Down		Set Up / Take-Down			
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 & weaknesses, and helping to build self-confidence... This means that each person feels like a valued member of the team. Welcome to people of all ages and abilities!		Pickleball	Set Up / Take-Down	Over 45's Session			
				Set Up / Take-Down			
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) and 8:00-9:00pm: (Age 16+). For any queries or additional information, please get in touch with Carolyn via email: carolynblackburn0409@gmail.com			Wheelchair Basketball (Louth Jaguars)	Louth Netball Club	MV Gymnastics (Rise)		
PICKLEBALL Easy to play and simple to learn for people of all ages. Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment is provided.							

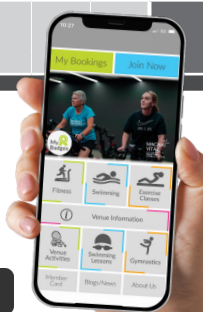
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SP Small Pirate Ship Pool: Temperature: 32 degrees							
MAIN POOL Main Pool: Length: 25m Amount of lanes: 8 Temperature: 29 degrees	BANK HOLIDAY Opening hours: 6am-3pm	Louth Swim Club	Louth Swim Club	Louth Swim Club			
AQUACISE* Aquacise (45 minutes): Sessions start 5 minutes into a time block. i.e. Aquacise on Monday's 10:05am-10:50am.							
INCLUSIVE SWIM Inclusive Swim: This is an open session that factors in sensory and behaviour needs. We won't play any music during this session - & We'll use natural lighting where possible.	Lane Swim 7am-9am	Lane Swim 7am-9am	Lane Swim 7am-9am	Lane Swim 7am-9am			
SWIM LESSONS Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time... At any venue! One perk of many others, whilst becoming wiser about water! Learn more on our website... #PoolPower	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			
IMPORTANT: OTHER NOTES							
Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. Note that swimming sessions are not transferable, nor refundable.							
Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.)							
Quieter Sessions: Tuesday's & Thursday's from 6am-10am, there will be no music playing in our pool area or corridors. (Sessions without music = 🚫🎵)							
Flume Opening times: Monday: 10am-3pm Tuesday - Friday: 10am-4pm Saturday: 10am-3:30pm Sunday: 10am-3pm							
Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty Manager. Unfortunately this is often for reasons beyond our control. For the most up-to-date programmes, view the live timetables on our website... Or download our free MV app!							
SP	Small Pirate Pool	Small Pirate Pool	Small Pirate Pool	Small Pirate Pool	Small Pirate Pool	Small Pirate Pool	Small Pirate Pool
MAIN POOL							
AQUACISE*							
INCLUSIVE SWIM							
SWIM LESSONS							
IMPORTANT: OTHER NOTES							
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YOGA	Physical & mental exercises that use stretches and breathing to enhance posture and core stability. Aids feeling relaxed and releases stress.
WHOLE BODY EXERCISE** (HELD IN MULTI-PURPOSE ROOM)	This class uses natural body movements to enhance your posture and strengthen your core. Work major muscle groups improves your co-ordination & better your balance! With this class, you are able to work at your own pace to a variation of rhythms. This class is suitable for all ages and abilities.
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WELLNESS HOUR	Wellness Hour is a quiet session where you're able to use space for light aerobics, stretching & floor workouts. This session is unmanned. <i>Mats are available but please feel free to bring your own!</i>
AGELESS & AGILE** (HELD IN MULTI-PURPOSE ROOM)	Ageless & Agile is held in our Multi-Purpose room. It's accessible to all - But tailored for adults who may suffer with health conditions. Your weekly social and opportunity to meet new people! With lots of activities, exercises and health & wellbeing advice, expect activities and games like: Boccia, crafts, group events (i.e. sports days), nostalgic games, seated exercises, quizzes... And even discussing health awareness topics like dementia and diabetes! Ageless & Agile is FREE for MV members... (Or only £3.00 per session.)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	BANK HOLIDAY Opening hours: 6am-3pm						
7am	Wellness Hour				Wellness Hour		
8am		Wellness Hour					
9am							
10am		Pilates	Balance & Mobility Pilates				Wellness Hour
11am			Pilates		Pilates	Wellness Hour	
12pm		Yoga	Whole Body Exercise**		Pilates		
1pm							
2pm				Ageless & Agile**			
3pm							
4pm							
5pm							
6pm		Yoga	Pilates	Yoga			
7pm				Wellness Hour			
8pm		Pilates	Wellness Hour		Wellness Hour		
9pm							

You can book online and via our free Magna Vitae app! To find out more about our classes & activities, scan here to browse our website!



Scan me!

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Prices for Exercise Classes:

	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!

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Virtual Beginner RPM
Are you new to cycling? Try out the 'Beginner's Virtual RPM' class! You will be shown all the basics from what to do, to how the bike works. An ideal way to try something new!

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 per session!
VIRTUAL

Virtual SPRINT™
High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results!
VIRTUAL

CYCLE
Cycle is high-intensity exercise on a stationary bike. Combines cardio and endurance in a calorie-crunching session!

SYNRGY*
Taking place in our Fitness Suite functional area, these classes are a great for enhancing your overall health, strength and fitness.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	BANK HOLIDAY Opening hours: 6am-3pm						
7am	SPRINT	RPM	SPRINT				
8am	BEGINNER CYCLE	SPRINT	RPM	RPM	RPM	RPM	
9am	RPM		SPRINT	RPM	SPRINT		
10am		SPRINT			CYCLE	SPRINT	
11am	CYCLE	CYCLE			RPM	CYCLE	
12pm				RPM	SPRINT		
1pm		RPM		RPM	SPRINT	SPRINT	
2pm						RPM	SPRINT
3pm					RPM		BEGINNER RPM
4pm		RPM	RPM	RPM	SPRINT	SPRINT	RPM
5pm		SPRINT	SPRINT	SPRINT	RPM	RPM	SPRINT
6pm		RPM	RPM	SPRINT	SPRINT	RPM	RPM
7pm		SPRINT	RPM	RPM	BEGINNER RPM		SPRINT
8pm		RPM	CYCLE	RPM	SPRINT		
9pm		SPRINT	RPM		RPM		



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

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODY CONDITIONING Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	BANK HOLIDAY						
PILATES A combination of stretches and strength work. Great for improving posture & mobility on muscles around the spine.	Opening hours: 6am-3pm						
MATURE MOBILES A lower impact session using toning and mobility exercises, some of which are chair based.	6am	6am	6am	6am	6am	6am	6am
YOGA Physical and mental exercises that use stretching & breathing to help improve posture and core stability, whilst helping you both to relax, and release stress.	7am	7am	7am	7am	7am	7am	7am
FITNESS PILATES Pilates inspired exercises combined with functional movements to improve posture, alignment & balance.	8am	8am	8am	8am	8am	8am	8am
LATIN FIT Join Kelly to dance your way into fitness with this fun, aerobic style workout!	9am	9am	9am	9am	9am	9am	9am
ZUMBA Combine the calorie burning benefits of aerobics with fun dance moves and you have Zumba! Caters for every ability.	10am	10am	10am	10am	10am	10am	10am
CORE & STRETCH Benefit your whole body with some stretching, strength work and a bit of relaxation. (This is a floor-based class.)	11am	11am	11am	11am	11am	11am	11am
LOW IMPACT AEROBICS Based on traditional aerobics, with great music... <i>But with choreography that is designed to be a slightly slower tempo than that of your typical aerobics.</i>	12pm	12pm	12pm	12pm	12pm	12pm	12pm
CLUB FIT Aerobic dance exercise. Enjoy old skool tunes in a darkened room with dazzling disco lights.	1pm	1pm	1pm	1pm	1pm	1pm	1pm
BALANCE & MOBILITY A circuit-style class to enhance balance, mobility, posture, overall functionality, and stability. (Light exercise and stretching.)	2pm	2pm	2pm	2pm	2pm	2pm	2pm
PIYO PiYo combines the strength of Pilates with the flexibility of yoga. A low impact class.	3pm	3pm	3pm	3pm	3pm	3pm	3pm
LEGS, BUMS & TUMS An aerobic-inspired, full-body workout that aims to tone up your thighs, bum & stomach. Perfect for enhancing your overall fitness levels.	4pm	4pm	4pm	4pm	4pm	4pm	4pm
	5pm	5pm	5pm	5pm	5pm	5pm	5pm
	6pm	6pm	6pm	6pm	6pm	6pm	6pm
	7pm	7pm	7pm	7pm	7pm	7pm	7pm
	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	9pm	9pm

Virtual Exercise Classes: VIRTUAL

Virtual Body BALANCE™	A yoga-based class that embraces elements of Tai Chi and Pilates. Improve your mind, body and life! Bend, stretch and relax your way through simple moves.	Virtual Body COMBAT™	A fast paced workout to burn the calories! Punch, kick and jump along to this cardiovascular workout.
Virtual Body PUMP™	A full body workout set to great music. Combine light weights with high repetitions to improve muscle tone.	Virtual CORE™	Beneficial for your hips, butt and lower back! Not only that, cx work is great for building overall core and body strength!

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
OVER 45'S Join in with a bit of badminton, new age kurling, short mat bowls or even table tennis! A great way to socialise weekly, and meet both new and familiar faces!	BANK HOLIDAY Opening hours: 6am-3pm							
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've 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. (Fun & social!)			Set Up / Take-Down			MV Gymnastics (Rise)	Set Up / Take-Down	
LOUTH BADMINTON CLUB A friendly adults badminton club, playing on a Monday evening from 7.30pm-9.30pm. Louth Badminton Club play social, mixed badminton... And they welcome all abilities, so be sure to come and join them! You can get in touch with the Louth Badminton Club by emailing them via: louthbc2020@gmail.com.		Over 45's Session	MV Gymnastics (Pre-school)		Home Education Session			Football Fun Factory
SOCIAL WALKING NETBALL Social walking netball is suitable for all! This session is particularly ideal for those wishing to take part in a sport they enjoy at a slower pace. Come along for a chat and some fun! (Never played before? Well, don't worry, because the group of lovely 'regulars' that attend each week are welcoming to all ages and abilities! Book in and join them.		Social Walking Netball						
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 & weaknesses, and helping to build self-confidence... This means that each person feels like a valued member of the team. Welcome to people of all ages and abilities!		Pickleball	Set Up / Take-Down	Over 45's Session			MV Gymnastics (Pre-school)	
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) and 8:00-9:00pm: (Age 16+). For any queries or additional information, please get in touch with Carolyn via email: carolynblackburn0409@gmail.com			Wheelchair Basketball (Louth Jaguars)					
PICKLEBALL Easy to play and simple to learn for people of all ages. Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment is provided.								

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You can book online & via our app!
 To find out prices & more for Sports Hall activities, browse our website:



Scan me!

Download Magna Vitae's app for FREE! Be 'appy.

