

GROUP EXERCISE CLASSES

Grantham Meres Leisure Centre

Last Updated: 17th April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30 - 07:15 Group Cycling	07:00 - 07:45 Group Cycling	06:30 - 07:00 Grit Strength	07:00 - 07:45 Group Cycling	06:30 - 07:15 Group Cycling	08:15 - 09:00 Group Cycling	09:30 - 10:15 Group Cycling
09:30 - 10:15 LBT	09:30 - 10:15 Zumba	09:30 - 10:15 Group Cycling	09:30 - 10:15 Body Pump	09:15 - 10:00 LBT	09:15 - 10:00 Body Pump	10:30 - 11:15 Body Combat
10:30 - 11:15 Body Combat	10:30 - 11:30 Hatha Yoga	09:30 - 10:15 Yogalates	10:30 - 11:15 Step	09:15 - 09:45 Kettlebells	10:15 - 10:45 Grit	11:30 - 12:15 Body Pump
11:30 - 12:00 Kettlebells	12:30 - 13:00 Ab Blast	10:30 - 11:15 Body Con	11:00 - 12:00 Wellbeing Walk	18:15 - 19:00 Zumba	For more information on Bootcamp* contact Carter PT via Facebook	
12:15 - 13:00 Aqua	17:30 - 18:00 Kettlebells	13:00 - 13:30 Stretch & Roll	13:15 - 14:00 Aqua	DANCE		
18:15 - 19:00 Body Pump	18:15 - 19:00 Body Pump	18:15 - 19:00 Group Cycling	18:15 - 19:00 BattleZone	POOL BASED		
18:15 - 19:00 Group Cycling	18:15 - 19:00 Boxercise	18:15 - 19:00 Body Combat	18:45 - 19:15 Floatfit HIIT	MIND/BODY		
18:15 - 19:00 Zumba	19:15 - 20:00 Group Cycling	19:15 - 20:00 Body Pump	19:15 - 20:00 Hatha Yoga	STRENGTH		
19:15 - 19:45 Grit	19:15 - 20:00 Glow N' Flow	19:15 - 19:45 Core	19:15 - 20:00 Zumba	HIGH ENERGY		
19:30 - 20:15 Aqua	20:00 - 21:00 Bootcamp*	20:15 - 21:00 Body Balance	19:20 - 19:50 Floatfit Balance			
19:45 - 20:15 Core	20:15 - 21:00 Yin Yoga		20:15 - 21:15 Bootcamp*			

