

Fitness classes

Ancholme Leisure Centre

Accurate as of 03/07/2026

Times for Tuesday 7 July



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Les Mills BodyCombat	Leisure Suite	Virtual instructor
09:10 - 09:55	Les Mills BodyPump	Sports Hall	Sammy
09:15 - 09:45	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
10:00 - 10:45	Virtual Les Mills BodyPump	Leisure Suite	Virtual instructor
10:00 - 10:45	Legs, Bums & Tums (LBT)	Sports Hall	Sammy
10:00 - 11:30	Yoga	Squash Courts	Stuart
10:45 - 11:30	Stretch & Tone	Sports Hall	Sammy
12:15 - 13:00	Virtual Les Mills RPM	Leisure Suite	Virtual instructor
13:00 - 15:00	Badminton coaching (intermediates)	Sports Hall	Richard Travis
13:30 - 14:15	Virtual Les Mills BodyBalance	Leisure Suite	Virtual instructor
14:00 - 15:00	Active Lincs chair based exercise	Health & Wellbeing Studio	Jason
15:00 - 15:45	Good Boost	Main Pool	Simon
16:00 - 16:45	Virtual Les Mills BodyPump	Leisure Suite	Virtual instructor
16:00 - 17:00	Junior Gym	Gym	Fitness Instructor
17:45 - 18:45	Group Cycling	Leisure Suite	Andy Lewin
18:30 - 19:00	HYBRID30	Gym	Fitness Instructor
19:00 - 20:30	Yoga	Leisure Suite	Stuart