

Health agenda classes

Community Sports

Accurate as of 26/07/2026

Times for Monday 27 July



Time	Session	Facility
08:00 - 09:00	Good Boost (unsupervised)	NL Active Baysgarth
08:30 - 09:15	Good Boost (unsupervised)	NL Active The Pods
09:00 - 10:00	Instructor Led Gym Session	NL Active Riddings
11:00 - 11:45	Good Boost	NL Active Baysgarth
11:15 - 12:00	Good Boost	NL Active The Pods
11:30 - 12:15	ActiveLincs Circuits	NL Active Ancholme
12:00 - 12:45	Chair Based Exercise	NL Active The Pods
12:00 - 13:00	Chair Based Exercise	NL Active Baysgarth
12:45 - 13:30	Active Circuits	NL Active Epworth
12:45 - 13:30	Good Boost (unsupervised)	NL Active The Pods
13:00 - 14:00	Instructor Led Gym Session	NL Active The Pods
13:15 - 14:00	Active Circuits	NL Active The Pods
13:15 - 14:15	Active Circuits	NL Active Baysgarth
14:45 - 15:30	Neuro Rehab Functional Fitness	NL Active The Pods
15:00 - 15:45	Good Boost	NL Active Ancholme
15:00 - 15:45	Good Boost	NL Active The Pods
17:00 - 17:45	Ante & post natal group exercise class	NL Active The Pods