

Health agenda classes

Community Sports

Accurate as of 26/07/2026

Times for Wednesday 29 July



Time	Session	Facility
08:00 - 08:45	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
10:00 - 11:00	Instructor Led Gym Session	NL Active The Pods
12:00 - 13:00	Seated chair circuit	NL Active Baysgarth
12:15 - 13:15	Active Lincs Gym	NL Active Ancholme
12:45 - 13:30	Good Boost (unsupervised)	NL Active The Pods
13:15 - 14:00	Active Circuits	NL Active The Pods
13:15 - 14:15	Neuro Rehab Functional Fitness	NL Active Baysgarth
13:45 - 14:30	Good Boost (unsupervised)	NL Active Riddings
14:00 - 14:45	Active Circuits	NL Active The Pods
14:15 - 15:15	Instructor Led Gym Session	NL Active The Pods
15:00 - 15:45	Good Boost (unsupervised)	NL Active Ancholme