UNIVERSITY OF LINCOLN SPORTS CENTRE

FITNESS CLASS TIMETABLE

FROM MAY 24TH 2021

DAY	ACTIVITY	TIME	LOCATION
Monday	Circuits	1.00pm	5-a-side Pitch
	HIIT	5.30pm	Dance Studio
	Meditation	7.30pm	Zoom
	Zumba	7.30pm	Dance Studio
Tuesday	Get up, Get Active	9.30am	Facebook Live
	Walk & Talk	1.00pm	Meet at the Sports Centre
	LBT	5.30pm	Dance Studio
	Running Group	6.30pm	Meet at the Sports Centre
Wednesday	Bootcamp	1.00pm	5-a-side Pitch
	Yoga	5.30pm	Dance Studio
	Zumba	7.30pm	Dance Studio
Thursday	Total Core	1.00pm	5-a-side Pitch
	Spinning	5.15pm	Sports Hall
	Walk & Talk	6.30pm	Meet at the Sports Centre
Friday	Get Up, Get Active	9.30am	Facebook Live
	Stretch & Flex	1.00pm	Dance Studio
	Circuits	5.30pm	Dance Studio

SPORTSCENTRE@LINCOLN.AC.UK