

SWIM TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AQUA AEROBICS 10.45 - 11.30 PUDDLEDUCKS 16.15 - 18.15	PUDDLEDUCKS 16.00 - 18.30	FAMILY SWIM 15.45 - 17.15	AQUA AEROBICS 09.30 - 10.15 FAMILY SWIM 10.15 - 11.45 AQUA AEROBICS 19.00 - 19.45	AQUA ZUMBA 09.30 - 10.15 PUDDLEDUCKS 10.30 - 13.00 PUDDLEDUCKS 16.00 - 18.30	PUDDLEDUCKS 08.00 - 12.15 FAMILY SWIM 14.00 - 16.00 PUDDLEDUCKS 12.30 - 15.00 FAMILY SWIM 15.30 - 16.30

PLEASE NOTE: Swim for all at any other times. Last entry for pool and spa is 45 minutes prior to closing.

BOOKING

To book a regular or virtual class, please simply scan the QR code below to find our club.



CLASSES TIMETABLE

CLASS TIMETABLE

GRANTHAM SPRING 2024

MONDAY

- FIT IN 30**
07.00 - 07.30
- SPIN**
09.30 - 10.15
- PUMP**
09.30 - 10.15
- CORE & TONE**
10.30 - 11.00
- AQUA AEROBICS**
10.45 - 11.30
- HARDCORE BODY**
18.00 - 18.30
- GLOWROBIX**
18.00 - 18.45
- SPIN**
18.00 - 18.45
- PUMP**
19.00 - 19.45

TUESDAY

- BOXFIT**
07.00 - 07.30
- YOGA**
09.30 - 10.15
- QIGONG**
10.30 - 11.15
- ADVANCED HIIT**
12.00 - 12.45
- DANCE AEROBICS**
18.00 - 18.45
- SPIN**
18.00 - 18.45
- LEGS, BUMS AND TUMS**
19.00 - 19.45
- SPIN**
19.00 - 19.45

WEDNESDAY

- FIT IN 30**
07.00 - 07.30
- ZUMBA**
09.30 - 10.15
- SPIN**
09.30 - 10.15
- PUMP**
10.30 - 11.15
- HARDCORE BODY**
18.00 - 18.30
- BOOGIE BOUNCE**
18.00 - 18.45
- SPIN**
18.00 - 18.45
- STRETCH & FLEX**
19.00 - 19.45
- YOGA**
19.30 - 20.30

THURSDAY

- BOXFIT**
07.00 - 07.30
- AQUA AEROBICS**
09.30 - 10.15
- YOGA**
09.30 - 10.15
- 20/20**
09.30 - 10.00
- PILATES**
10.30 - 11.15
- ADVANCED HIIT**
12.00 - 12.45
- SPIN**
18.00 - 18.45
- STEP**
18.00 - 18.45
- CHA CHA CHAIR**
18.00 - 18.45
- PUMP**
19.00 - 19.45
- SPIN**
19.00 - 19.45
- AQUA AEROBICS**
19.00 - 19.45
- PILATES**
20.00 - 21.00

FRIDAY

- FIT IN 30**
07.00 - 07.30
- CIRCUITS/BOXFIT**
09.30 - 10.15
- AQUA ZUMBA**
09.30 - 10.15
- BOOGIE BOUNCE**
18.00 - 18.45
- YOGA**
19.30 - 20.30

SATURDAY

- CIRCUITS**
08.45 - 09.30
- SPIN**
08.45 - 09.30
- TOTAL TONE/
BEGINNERS STEP**
09.45 - 10.30
- BOXFIT**
10.30 - 11.00
- SUNDAY**
- HARDCORE/BOXFIT**
09.15 - 10.00
- SPIN**
10.00 - 10.45
- BOOGIE BOUNCE**
10.00 - 10.45
- SHAPE & TONE**
11.00 - 11.30

FIND US

Go online: [choiceshealthclubs.com/grantham](https://www.choiceshealthclubs.com/grantham)

Visit us: Kempton Way, Dysart Road, Grantham NG31 7LE

Call us: 01476 566 866

Follow us: @choicesgrantham on Instagram and Facebook

KEY

- STRENGTH / TONE**
- CARDIO**
- HIIT / CIRCUITS**
- MIND / BODY**
- SWIM**

CHOICES
HEALTH + FITNESS