

CLASS TIMETABLE

DEANS
SPORT & LEISURE



Follow us @DeansSport






Tweet us @DeansSport



Like us @DeansSport

enquiries@deans.lincolncollege.ac.uk | Tel: 01522 876373 | www.deans-sport.co.uk





MONDAY

12:30-13:00	 Kettlebell Hiit	The Studio
17:45-18:15	 Kettlebells	The Studio
18:30-19:15	 Spin Attack	Trampoline Room

TUESDAY

18:00-18:45	 Pump/Mix FX	The Studio
18:45-19:30	 Zumba	The Studio
19:30-20:30	 Pilates	The Studio

WEDNESDAY

17:30-18:15	 Spin	Trampoline Room
17:30-18:15	 Body Combat	The Studio
18:30-19:30	 Strength & Agility	The Studio
19:30-20:30	 Yoga	Trampoline Room

THURSDAY

12:15-12:45	 Sprint Spin	Trampoline Room
18:00-18:45	 Circuits	The Studio
18:45-19:15	 Abs Blast	The Studio

FRIDAY

06:30-07:15	 TGIF Bootcamp	MUGA
12:15-12:45	 Fitball Friday	The Studio
17:30-18:30	 Body Combat	The Studio