



# KICKSTART CLASSES

## FOR BEGINNERS

Cleethorpes & Grimsby

February

Revamp  
your workout.

[lincsinspire.com/kickstart](https://lincsinspire.com/kickstart)



## Grimsby - Kickstart Timetable

### Monday 17th Feb

8:30am - Legs, Bums & Tums

10am - Yoga

5pm - Boxercise

### Tuesday 18th Feb

8:30am - Group Cycling

9am - Body Balance

1:30pm - Forever Fit

5:30pm - Tabata

### Wednesday 19th Feb

8am - Yoga

4pm - Chair Based Strength

### Thursday 20th Feb

8am - Tabata

8:30am - Pilates

6:30pm - Group Cycling

### Friday 21st February

9am - Jagua

11:15am - Step

12:15pm - Aerobics

### How to Book

Book via the Lincs Inspire

Leisure App or call

(01472) 323100.