

Princess Royal Sports Arena **instructor classes**

Day	Start Time	Duration (Mins)	Instructor	Class	Location	Class Type
Monday	09:15	45	Emily	HIIT	Studio 1	Aerobic
Monday	10:15	45	Emily	Spin	Studio 2	Aerobic
Monday	17:30	45	April	Pilates	Studio 1	Calm
Monday	18:25	45	April	Yoga	Studio 1	Calm
Monday	19:30	45	Andy	Spin	Studio 2	Aerobic
Tuesday	09:15	45	Emily	HIIT	Studio 1	Aerobic
Tuesday	10:15	45	Emily	Yoga	Studio 1	Calm
Tuesday	17:45	30	Paul	Grit Strength	Studio 1	Aerobic
Tuesday	18:30	60	Paul	BodyPump	Studio 1	Body Conditioning
Wednesday	09:15	45	Katie	BodyPump	Studio 1	Body Conditioning
Wednesday	10:15	45	Katie	Fitness Pilates	Studio 1	Calm
Wednesday	18:15	60	Paul	BodyPump	Studio 1	Body Conditioning
Wednesday	19:25	30	Paul	Grit	Studio 1	Aerobic
Thursday	17:45	30	Paul	Grit	Studio 1	Aerobic
Thursday	18:30	60	Paul	BodyPump	Studio 1	Body Conditioning
Friday	09:15	45	Emily	HIIT	Studio 1	Aerobic
Friday	10:15	45	Emily	Spin	Studio 2	Aerobic
Saturday	09:15	45	Emily	Spin	Studio 2	Aerobic
Saturday	10:15	45	Emily	Hiit	Studio 1	Aerobic
Sunday	09:15	60	Paul	BodyPump	Studio 1	Aerobic

The easiest way to book a class is to download the free 1Life App. Google '1Life App' or scan the relevant QR code below.

Android Devices



Apple Devices



1Life.co.uk

This facility is managed by WFLCT Ltd in partnership with Boston Borough Council.



Day	Start Time	Duration (Mins)	Virtual	Class	Class Type
Monday	07:15	30	Virtual	GRIT	Aerobic
Monday	08:15	45	Virtual	Sh'Bam	Aerobic
Monday	11:15	45	Virtual	BodyBalance	Calm
Monday	12:15	45	Virtual	Sh'Bam	Aerobic
Monday	13:30	30	Virtual	Sprint	Aerobic
Monday	14:15	60	Virtual	BodyCombat	Aerobic
Monday	15:30	30	Virtual	GRIT	Aerobic
Monday	16:30	45	Virtual	RPM	Aerobic
Tuesday	08:00	30	Virtual	GRIT	Aerobic
Tuesday	11:30	30	Virtual	BodyCombat	Aerobic
Tuesday	20:00	30	Virtual	Sh'Bam	Aerobic
Wednesday	07:15	30	Virtual	GRIT	Aerobic
Wednesday	08:15	30	Virtual	Sprint	Aerobic
Wednesday	11:15	45	Virtual	Sh'Bam	Aerobic
Wednesday	12:15	45	Virtual	Bodybalance	Calm
Wednesday	13:15	30	Virtual	RPM	Aerobic
Wednesday	14:00	60	Virtual	BodyCombat	Aerobic
Wednesday	15:15	30	Virtual	GRIT	Aerobic
Wednesday	16:00	45	Virtual	Sh'Bam	Aerobic
Wednesday	17:00	30	Virtual	Sprint	Aerobic
Wednesday	20:15	30	Virtual	BodyCombat	Aerobic
Thursday	08:00	30	Virtual	GRIT	Aerobic
Thursday	09:15	60	Virtual	BodyPump	Body conditioning
Thursday	10:30	30	Virtual	BodyCombat	Aerobic
Thursday	11:15	45	Virtual	RPM	Aerobic
Thursday	12:15	45	Virtual	Sh'Bam	Aerobic
Thursday	13:15	45	Virtual	BodyBalance	Calm
Thursday	14:15	30	Virtual	BodyCombat	Aerobic
Thursday	15:00	30	Virtual	BodyPump	Body conditioning
Thursday	15:45	30	Virtual	GRIT	Aerobic
Thursday	16:30	30	Virtual	Sprint	Aerobic
Thursday	20:00	30	Virtual	Sh'Bam	Aerobic
Friday	07:15	30	Virtual	GRIT	Aerobic
Friday	08:00	30	Virtual	Sprint	Aerobic
Friday	11:15	45	Virtual	Sh'Bam	Aerobic
Friday	12:15	45	Virtual	BodyBalance	Calm
Friday	13:15	30	Virtual	BodyPump	Body conditioning
Friday	14:00	60	Virtual	BodyCombat	Aerobic
Friday	15:15	30	Virtual	GRIT	Aerobic
Friday	16:00	45	Virtual	Sh'Bam	Aerobic
Friday	17:15	45	Virtual	BodyPump	Body conditioning
Friday	18:15	60	Virtual	BodyCombat	Aerobic
Friday	19:30	30	Virtual	RPM	Aerobic
Friday	20:15	30	Virtual	Sh'Bam	Aerobic
Saturday	08:15	30	Virtual	GRIT	Aerobic
Saturday	11:15	45	Virtual	Born to Move	Aerobic
Saturday	12:15	60	Virtual	BodyCombat	Aerobic
Saturday	13:30	45	Virtual	BodyBalance	Calm
Sunday	08:15	30	Virtual	GRIT	Aerobic
Sunday	10:30	45	Virtual	BodyCombat	Aerobic
Sunday	11:30	45	Virtual	Born to Move	Aerobic
Sunday	12:30	45	Virtual	Sh'Bam	Aerobic
Sunday	13:30	45	Virtual	RPM	Aerobic
Sunday	14:30	45	Virtual	BodyBalance	Calm

Android Devices



Apple Devices



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