

Olympia

Monday

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| LA Body Pump | 06.45 - 07.30 |
| Aerobics ★ | 10.00 - 10.45 |
| Aquafit ★ | 11.00 - 11.45 |
| Legs, Bums & Tums | 11.15 - 12.00 |
| Aquafit ★ | 12.00 - 12.45 |
| High Volume Training | 12.15 - 13.00 |
| Pilates | 13.00 - 13.45 |
| Hatha Yoga | 16.30 - 17.30 |
| Strength & Cardio | 17.30 - 18.15 |
| GRIT Cardio | 18.15 - 18.45 |
| BodyJam | 19.05 - 19.50 |
| GRIT Plyo | 20.00 - 20.30 |

Tuesday

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|---------------------|---------------|
| LA Circuits | 06.45 - 07.30 |
| Zumba ★ | 09.00 - 09.45 |
| Circuits ★ | 09.45 - 10.45 |
| Vinyasa Flow Yoga | 10.45 - 11.45 |
| Aquafit ★ | 11.45 - 12.30 |
| GRIT Cardio | 12.00 - 12.30 |
| BodyAttack | 16.30 - 17.15 |
| BodyBalance | 17.15 - 18.00 |
| GRIT Strength | 18.15 - 18.45 |
| Deep Water Aerobics | 18.30 - 19.15 |
| BodyPump | 19.00 - 20.00 |
| Aquafit | 19.30 - 20.15 |

Wednesday

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| LA GRIT Strength | 07.00 - 07.30 |
| Aerobics ★ | 10.00 - 10.45 |
| BodyJam ★ | 10.45 - 11.30 |
| Aquafit ★ | 11.00 - 11.45 |
| Body Pump | 11.35 - 12.20 |
| Aquafit ★ | 12.00 - 12.45 |
| BodyAttack | 17.30 - 18.15 |
| Body Balance | 18.15 - 19.00 |
| Wave Disco | 18.30 - 19.15 |
| BodyJam | 19.05 - 19.50 |

Thursday

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|----------------------|---------------|
| LA Strength & Cardio | 06.45 - 07.30 |
| LA BodyBalance | 07.30 - 08.15 |
| Vinyasa Flow Yoga | 09.15 - 10.00 |
| Aerobics ★ | 10.00 - 10.45 |
| Aquafit ★ | 11.00 - 11.45 |
| BodyPump | 12.00 - 13.00 |
| GRIT Strength | 13.00 - 13.30 |
| Tabata | 16.45 - 17.15 |
| Vinyasa Flow Yoga | 17.15 - 18.00 |
| GRIT Cardio | 18.05 - 18.35 |
| Aquafit | 18.30 - 19.15 |
| BodyPump | 18.45 - 19.45 |
| Deep Water Aerobics | 19.30 - 20.15 |

Friday

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|----------------------|---------------|
| LA Strength & Cardio | 06.45 - 07.30 |
| NEW Zumba | 09.15 - 10.00 |
| Active Aerobics ★ | 10.00 - 10.45 |
| BodyPump | 11.00 - 12.00 |
| NEW GRIT Plyo | 12.00 - 12.30 |
| Aquafit ★ | 12.00 - 12.45 |
| Circuits | 16.15 - 17.00 |
| Tabata | 17.00 - 17.45 |
| BodyJam | 18.00 - 18.45 |
| Hatha Yoga | 19.00 - 20.00 |

Saturday

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| LA Hatha Yoga | 08.15 - 09.15 |
| LA BodyPump | 09.30 - 10.15 |
| GRIT Plyo | 10.15 - 10.45 |
| BodyCombat | 11.00 - 11.45 |
| Boxercise | 11.45 - 12.30 |

Sunday

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|----------------------|---------------|
| LA Strength & Cardio | 09.30 - 10.15 |
| Circuits | 10.15 - 11.00 |
| Vinyasa Flow Yoga ★ | 11.00 - 12.00 |
| BodyBalance ★ | 12.00 - 12.45 |

Lynch

Monday

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| Circuits | 19.00 - 20.00 |
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Wednesday

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| Legs, Bums & Tums ★ | 11.00 - 11.45 |
| Stretch and Recover ★ | 11.45 - 12.30 |
| Circuits | 18.00 - 19.00 |

Thursday

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| Functional Training | 19.00 - 20.00 |
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Friday

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| High Volume Training | 18.00 - 19.00 |
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Saturday

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| Circuits | 08.45 - 09.45 |
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Lochee

Monday

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| Aerobics ★ | 10.00 - 11.00 |
| Aquafit | 20.00 - 20.45 |

Wednesday

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| Aerobics ★ | 10.00 - 11.00 |
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Thursday

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| Hatha Yoga ★ | 09.15 - 10.15 |
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Friday

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| Aquafit ★ | 12.30 - 13.15 |
| Aquafit ★ | 13.30 - 14.15 |

DISC

Monday

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| Circuits | 18.00 - 19.00 |
| BodyBalance | 19.00 - 19.45 |

Tuesday

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| BodyCombat | 18.00 - 19.00 |
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Wednesday

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| BodyCombat | 18.00 - 19.00 |
| NEW BodyPump | 19.00 - 19.45 |

Thursday

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| PoundFit | 18.15 - 19.00 |
| NEW BodyPump | 19.00 - 20.00 |

Friday

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| BodyBlast | 18.00 - 18.45 |
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Douglas

Monday

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| BodyBalance ★ | 08.00 - 08.45 |
| BodyPump | 18.00 - 19.00 |

Tuesday

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| RPM | 18.00 - 19.00 |
| RPM | 19.00 - 20.00 |
| BodyBalance | 20.00 - 20.45 |

Thursday

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| HIIT | 17.30 - 18.00 |
| Legs, Bums & Tums | 18.00 - 19.00 |

Friday

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|------------------|---------------|
| NEW Circuits ★ 🛒 | 09.30 - 10.00 |
| BodyPump | 16.15 - 17.00 |
| Step | 17.00 - 17.45 |
| RPM | 18.00 - 19.00 |
| Cycle Express | 19.00 - 19.30 |

Saturday

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| Group Cycle | 09.15 - 10.00 |
| BodyBalance | 10.15 - 11.00 |

Sunday

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| BodyPump | 16.30 - 17.30 |
| RPM | 18.00 - 19.00 |

Grove

Monday

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| Kettlecise | 18.15 - 19.00 |
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Wednesday

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|--------------|---------------|
| Dance Fusion | 18.00 - 18.45 |
| Kettlecise | 18.45 - 19.30 |

Friday

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| Circuits | 18.30 - 19.15 |
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Harris

Monday

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| Step | 18.00 - 18.45 |
| Zumba | 18.45 - 19.30 |

Tuesday

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| Hatha Yoga | 18.00 - 19.00 |
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Wednesday

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|-------------------|---------------|
| Strength & Cardio | 19.00 - 20.00 |
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Saturday

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| Hatha Yoga | 10.00 - 11.00 |
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St Paul's

Monday

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| HIIT | 18.30 - 19.00 |
| PiYo | 19.00 - 19.45 |

Tuesday

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| Poundfit | 18.00 - 18.45 |
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Wednesday

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|-------------------|---------------|
| HIIT | 18.00 - 18.30 |
| Legs, Bums & Tums | 18.30 - 19.15 |

LA LeisureActive members with an NEC only

★ Available for all membership types (excluding Active for Life Membership)

🛒 This class is pram/carseat friendly for children under 2

Group Exercise Timetable

January - March 2019

leisure & culture DUNDEE



£35 for 5 week block
(£25 for Leisureactive & Golf Dundee members)

Massage has many added benefits for your baby:-

- improving weight gain
- aiding digestion
- improving circulation
- easing teething pain

Baby Massage

FROM 4 WEEKS OLD

Welcome to your new Group Exercise timetable

LACD Group Exercise offers a variety of benefits you could miss out on if you chose to work out on your own. Some of the benefits include; exposure to a fun and sociable environment, a safe and effective workout program, a consistent exercise timetable, and a workout that requires no prior exercise knowledge or experience.

Our classes are structured with a purpose and are beneficial for people with limited knowledge about safe and effective exercise programming. Our specifically designed classes include warm-ups, cool-downs and flexibility in addition to the conditioning section. We have a large, diverse and multi-skilled team of highly qualified fitness professionals, who are sure to help you achieve your goal.

Jennifer Hogg
Fitness Programme Coordinator

Achieve your goal with LACD Group Exercise

BOOK ONLINE

www.leisureandculturedundee.com

NEW CLASSES

8 fantastic venues

7 DAYS A WEEK

38 different disciplines with varied intensity levels

OVER 100 CLASSES

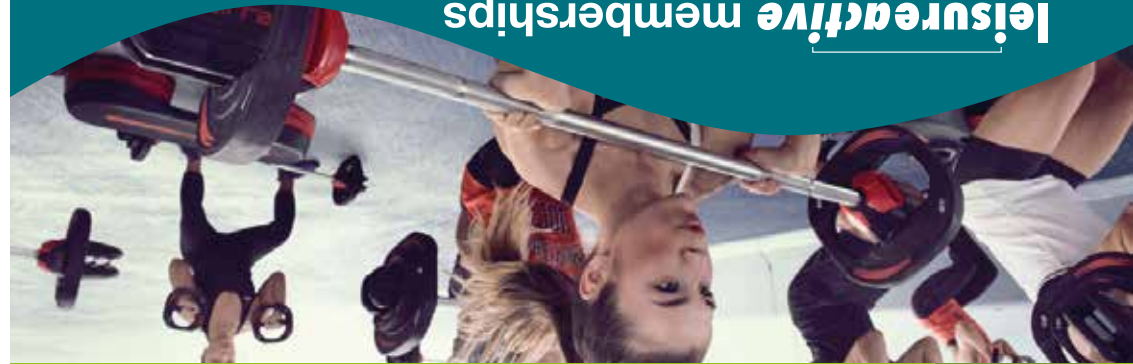
For more information, contact the Membership Team

www.leisureandculturedundee.com/joinathome

- Locations throughout Dundee
 - Excellent packages for individuals, couples, students and children
 - No joining fees
 - Join online
- Sign up today and you can start to take advantage of the following benefits:-
- Great value fitness memberships
 - Energetic fitness classes, swimming pools, quality gyms, saunas & steam room

Did you know that you could save yourself some money?
Are you using our facilities on a regular basis?

leisureactive memberships



Contacts

Olympia 3 East Whale Lane
Dundee DD1 3JU
Telephone (01382) 432300

DISC Mains Loan Dundee DD4 7AA
Telephone (01382) 438804

Douglas Sports Centre
Baldovie Terrace Dundee DD4 8TG
Telephone (01382) 436911

Lynch Sports Centre
South Road Dundee DD2 4SR
Telephone (01382) 431828

Lochee Swimming & Leisure Centre
St Mary's Lane Dundee DD2 3AQ
Telephone (01382) 431840

Harris Swim & Sports Centre
Perth Road Dundee DD2 1NL
Telephone (01382) 435749

Grove Swim & Sports Centre
Claypotts Road Dundee DD5 1AB
Telephone (01382) 436883

St Paul's Swim & Sports Centre
Gillburn Road Dundee DD3 0EH
Telephone (01382) 307760

Fitness Programme Coordinator
Jennifer Hogg 1 Shore Terrace Dundee
DD1 3AH Telephone (01382) 432333

Group Exercise Timetable

January - March 2019

