

## OLYMPIA

### Monday

Body Pump	★	06:45-07:30
Pilates	★	12:15-13:00
Legs, Bums & Tums		18:00-18:45
Hatha Yoga		19:00-19:45

### Tuesday

Circuits	★	06:45-07:30
Body Pump		17:15-18:00
Body Attack		18:15-19:00

### Wednesday

Body Combat	★	06:45-07:15
Legs, Bums & Tums	★	10:30-11:15
Zumba		17:15-18:00
Body Balance		18:15-19:00

### Thursday

Barre	★	06:45-07:30
Vinyassa Flow Yoga	★	09:15-10:00
Body Pump		17:30-18:15

### Friday

Body Pump	★	06:45-07:30
Aerobics	★	09:15-10:00
Body Balance	★	11:00-11:45
Body Attack		17:15-18:00
Body Pump		18:00-18:45
Hatha Yoga		19:00-20:00

### Saturday

Body Pump	★	09:30-10:15
Grit Athletic	★	10:20-10:50

### Sunday

Circuits	★	09:30-10:15
Leg, Bums & Tums	★	10:15-11:00
Vinyassa Flow Yoga	★	11:00-12:00

## LOCHEE

### Monday

AquaFit		19:45-20:30
---------	--	-------------

### Tuesday

AquaFit		18:30-19:15
AquaFit		19:30-20:15

### Wednesday

AquaFit	★	11:00-11:45
---------	---	-------------

## DISC

### Monday

RPM		17:30-18:15
Circuits		18:15-19:00
Fitness Pilates		19:15-20:00

### Tuesday

Body Pump		17:15-18:00
Body Combat		18:15-19:00
RPM		18:30-19:15

### Wednesday

Body Combat		17:30-18:15
RPM		17:30-18:15
Body Pump		18:30-19:15
Body Jam		19:15-20:00

### Thursday

Body Balance		17:15-18:00
Full Endurance		18:30-19:15
Zumba		18:30-19:15

### Friday

Full Hiit		18:30-19:00
-----------	--	-------------

## DOUGLAS

### Monday

Spin	★	07:30-08:15
Hatha Yoga	★	08:30-09:30
Body Pump		18:00-19:00

### Tuesday

Aerobics	★	10:30-11:15
Legs, Bums & Tums	★	11:15-12:00
RPM		17:30-18:30
Synrgy Endurance		18:30-19:30
Les Mills Core		18:45-19:15
Body Balance		19:30-20:15

### Wednesday

Synrgy Strength		16:30-17:15
Body Pump		17:00-18:00

### Thursday

Group Cycle	★	07:30-08:15
Legs, Bums & Tums		18:15-19:00

### Friday

Body Combat	★	16:00-16:45
Core		17:15-18:00
RPM		18:15-19:15

### Saturday

Group Cycle	★	09:00-09:45
-------------	---	-------------

### Sunday

Body Pump		16:00-16:45
Body Combat		17:00-17:45
RPM		18:00-19:00

## MENZIESHILL

### Monday

Aerobics	★	10:30-11:15
Low Impact Intervals	★	11:15-12:00

### Wednesday

Zumba	★	11:00-11:45
Aerobics		12:00-12:45
Circuits		18:00-19:00

### Friday

Zumba	★	09:00-09:45
Legs, Bums & Tums	★	10:00-10:45
Pilates	★	11:00-11:45
Body Combat		18:00-18:45

## ST. PAUL'S

### Monday

Hiit		18:00-18:30
Legs, Tums & Bums		18:30-19:15

### Wednesday

Body Combat		18:30-19:15
Body Balance		19:30-20:15

## HARRIS

### Monday

Zumba		18:00-18:45
Stretch & Tone		19:00-19:45

### Tuesday

Ravercise		18:00-18:45
Aerobics		19:00-19:45

### Wednesday

Slow Flow Yoga		19:15-20:15
----------------	--	-------------

### Thursday

Barre		18:00-18:45
-------	--	-------------

## GROVE

### Wednesday

Zumba		18:00-18:45
Kettleercise	🏋️	19:00-19:45

Please help us protect the environment by reducing the number of printed copies, please scan the QR code below or visit our website to download an electronic version. Please note that all programmes may be subject to change. Please contact each facility prior to visiting or check online for the most up-to-date timetable.

All information correct at the time of circulation:  
April 2022

★ Available to ALL LeisureActive members

🏋️ Bring your own Kettlebell(s)



# Group Exercise Timetable

April 2022 Edition

leisure &  
culture DUNDEE

leisureandculturaldundee.com

Scottish Charitable Incorporated Organisation No. SC042421