

Douglas

Monday

Group Cycle	0730 - 0815
BodyPump	1800 - 1900

Tuesday

Functional Fitness ★	1000 - 1045
Boxfit ★	1115 - 1200
RPM	1730 - 1830
BodyBalance	1900 - 1945

Wednesday

BodyPump	1200 - 1245
HIIT	1315 - 1345
Circuits	1800 - 1900
Group Cycle	1930 - 2015

Thursday

Group Cycle	0730 - 0815
Barre ★	0915 - 1000
BodyJam ★	1030 - 1115
Legs, Bums & Tums	1800 - 1900
BodyPump	1930 - 2015

Friday

BodyBalance	0730 - 0815
Step	1600 - 1645
BodyPump	1715 - 1800
RPM	1830 - 1930

Saturday

Group Cycle	0915 - 1000
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Sunday

Tabata	1000 - 1045
Legs, Bums and Tums	1115 - 1200

Menzieshill

Monday

Aerobics ★	1000 - 1045
Tabata ★	1115 - 1200
Pilates	1300 - 1400
BodyCombat	1745 - 1830
BodyAttack	1900 - 1945

Wednesday

Zumba ★	1000 - 1045
Aerobics ★	1115 - 1200
Metafit	1230 - 1300
HIIT	1800 - 1830
Legs, Bums & Tums	1900 - 1945

Friday

Zumba ★	0900 - 0945
Legs, Bums & Tums ★	1015 - 1100
Vinyasa Flow Yoga	1200 - 1300
BodyCombat	1730 - 1815

Olympia Activity Pool

Tuesday

AquaFit ★	1015 - 1100
AquaFit ★	1130 - 1215

Wednesday

AquaFit ★	1015 - 1100
AquaFit ★	1130 - 1215

Friday

AquaFit ★	1015 - 1100
AquaFit ★	1130 - 1215

DISC

Monday

Coach by Colour	1730 - 1815
Circuits	1845 - 1945

Tuesday

BodyCombat	1730 - 1815
BodyPump	1845 - 1930

Wednesday

RPM	1730 - 1815
BodyPump	1845 - 1930

Thursday

Coach by Colour	1730 - 1815
Zumba	1845 - 1930

Friday

Hatha Yoga	1800 - 1900
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Saturday

GRIT Cardio	0930 - 1000
BodyPump	1030 - 1115

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All information correct at the time of going to print August 2020.

★ Dependant on your membership type

LA LeisureActive members with an NEC only

★ Dependant on your membership type



This class is pram/carseat friendly for children under 2



Urban Moves