

DOUGLAS

Monday		
Vinyasa Flow Yoga	★	08:30-09:15
Active Ageing: Strength	★	09:30-10:15
Body Pump		18:00-19:00

Tuesday

Aerobics	★	09:15-10:00
Total Body Fit	★	10:05-10:50
RPM		17:30-18:30
Synrgy HIIT		18:15-18:45
Core		18:45-19:15
Body Balance		19:30-20:15

Wednesday

Body Pump		17:00-17:45
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Thursday

Fitness Pilates	★	08:45-09:30
Active Ageing: Strength	★	09:30-10:15
Fit Camp		17:35-18:10
Legs, Bums & Tums		18:15-19:00

Friday

Aerobics	★	09:15-10:00
Body Combat		16:15-17:00
Core		17:15-18:00
RPM		18:15-19:15

Saturday

Cardio Blast	★	08:15-09:00
RPM	★	09:15-10:00

Sunday

Body Pump		16:00-16:45
Body Combat		17:00-17:45

OLYMPIA

Monday		
Body Pump	★	06:15-07:00
Pilates	★	12:15-13:00

Body Step

		18:00-19:00
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Power Yoga

		19:00-19:45
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Tuesday

Hatha Yoga	★	07:30-08:15
Gentle Yoga	★	09:45-10:30
Power Swim	★	12:15-12:45
Body Pump		17:15-18:00
Body Combat		18:05-18:50
Hatha Yoga		19:00-20:00

Wednesday

Body Step	★	06:30-07:30
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Aqua Zumba

	★	13:15-14:00
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Body Attack

		17:15-18:00
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Fitness Pilates

		18:05-18:50
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AquaFit

		18:30-19:15
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Hatha Yoga

		19:00-20:00
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Thursday

Body Attack	★	06:30-07:15
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Full LIIT

	★	10:00-10:30
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Aerobics

		18:00-18:45
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Full TG HIIT

		18:45-19:15
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Body Balance

		19:00-19:45
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Friday

Body Combat	★	06:15-07:00
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Body Balance

	★	11:30-12:15
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Vinyasa Flow Yoga

	★	12:30-13:15
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Power Swim

	★	12:30-13:00
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Full HIIT

		16:00-16:30
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Body Attack

		17:00-17:45
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Pregnancy Yoga

		18:00-18:45
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Hatha Yoga

		19:00-20:00
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Saturday

Body Combat	★	09:00-09:45
Vinyasa Flow Yoga	★	10:00-11:00

Sunday

Body Step	★	10:15-11:15
Body Attack	★	11:30-12:15

LOCHEE

Monday		
AquaFit		19:30-20:15

Tuesday

AquaFit		18:30-19:15
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AquaFit

		19:30-20:15
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MENZIESHILL

Monday

Zumba	★	10:00-10:45
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Legs, Bums & Tums

	★	11:00-11:45
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Hatha Yoga

	★	12:00-12:45
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Wednesday

Legs, Bums & Tums	★	10:00-10:45
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Zumba

	★	11:00-11:45
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Aerobics

	★	12:00-12:45
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Thursday

Vinyasa Flow Yoga	★	09:10-09:55
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Friday

Zumba	★	09:00-09:45
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Legs, Bums & Tums

	★	10:00-10:45
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Pilates

	★	11:00-11:45
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ST. PAUL'S

Monday

HIIT		18:00-18:30
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Legs, Tums & Bums

		18:30-19:15
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Tuesday

Body Attack		18:00-18:55
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Wednesday

Circuits		18:15-19:00
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Thursday

Body Attack		18:00-18:45
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GROVE

Tuesday

Kettlebell Fit	🔒	18:15-19:00
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Wednesday

Zumba		18:00-18:45
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Kettlebell Fit

	🔒	19:00-19:45
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HARRIS

Monday		
Zumba		18:10-18:55

Restore

		19:00-19:45
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Tuesday

Aerobics		18:15-19:00
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Thursday

Barre Tone		18:00-18:45
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Monday

CBC Strength		17:30-18:15
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Circuits

		18:15-19:00
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Tuesday

Body Pump		17:15-18:00
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Body Combat

		18:15-19:00
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Wednesday

Body Combat		17:30-18:15
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CBC Endurance

		17:30-18:15
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Body Pump

		18:20-19:05
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RecNet

		19:00-20:30
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Urban Moves to Motown

		19:15-20:00
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Thursday

Body Step		17:30-18:30
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Zumba

		18:30-19:15
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Friday

Body Step		18:00-19:00
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Saturday

HIIT	★	08:40-09:10
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Body Pump

	★	09:15-10:00
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Sunday

Circuits	★	09:30-10:15
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Legs, Tums & Bums

	★	10:15-11:00
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Restore

	★	11:00-11:45
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RPC

Tuesday		
Running Buddies*		09:30-10:30

Friday

Running Buddies*		19:30-20:30
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McTAGGART

Monday

Trampoline Adult		19.15 - 20.15
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All information correct at the time of circulation:
October 2024

★ Available to ALL LeisureActive members

🔒 Bring your own Kettlebell(s)

📅 New Classes / Time Changes

*seasonal only

