

DISC		
Monday		
Body Pump	★	06:15-07:00
CBC Strength		17:30-18:15
Circuits		18:15-19:00
Fitness Pilates		19:15-20:00
Tuesday		
Total Body Blast	★	06:15-07:00
Body Pump		17:15-18:00
Body Combat		18:15-19:00
Outdoor Circuits		18:15-19:00
Wednesday		
Body Combat		17:30-18:15
CBC Endurance		17:30-18:15
Body Pump		18:30-19:15
Thursday		
Body Pump	★	06:15-07:00
Body Attack		17:45-18:30
Zumba		18:30-19:15
Friday		
CBC HIIT	★	06:05-06:35
Body Attack		17:15-18:00
Hatha Yoga		19:00-20:00
Saturday		
HIIT	★	08:40-09:10
Body Pump	★	09:15-10:00
Sunday		
Circuits	★	09:30-10:15
Leg, Bums & Tums	★	10:15-11:00
Restore	★	11:00-11:45

DOUGLAS		
Monday		
Vinyasa Flow Yoga	★	08:30-09:15
Body Pump		18:00-18:45
Synrgy Endurance		19:15-20:00
Tuesday		
Totally Body Fit	★	10:30-11:15
Legs, Bums & Tums	★	11:15-12:00
RPM		17:30-18:30
Core		18:45-19:15
Synrgy HIIT		19:15-19:45
Body Balance		19:30-20:15
Wednesday		
Body Pump		17:00-17:45
Thursday		
Synrgy Strength		17:00-17:45
FitCamp		17:35-18:10
Legs, Bums & Tums		18:15-19:00
Friday		
Aerobics	★	09:30-10:15
Body Balance	★	12:00-12:45
Body Combat		16:15-17:00
Core		17:15-18:00
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
RPM		18:00-18:45

MENZIESHILL		
Monday		
Stretch & Tone	★	10:00-10:45
Total Body Fit	★	11:00-11:45
Hatha Yoga	★	12:00-12:45
Wednesday		
Legs, Bums & Tums	★	10:15-11:00
Zumba	★	11:00-11:45
Aerobics	★	12:00-12:45
Circuits		18:00-19:00
Thursday		
Vinyasa Flow Yoga	★	09:15-10:00
Friday		
Zumba	★	09:00-09:45
Legs, Bums & Tums	★	10:00-10:45
Pilates	★	11:00-11:45
ST. PAUL'S		
Monday		
GRIT		18:00-18:30
Legs, Tums & Bums		18:30-19:15
Boxing Conditioning		19:15-20:00
Tuesday		
Body Attack		18:15-19:00
Wednesday		
GRIT		18:15-18:45
GRIT		18:45-19:15

LOCHEE		
Monday		
AquaFit		19:45-20:30
Tuesday		
AquaFit		18:30-19:15
AquaFit		19:30-20:15
Thursday		
AquaFit	★	11:00-11:45
Friday		
Synrgy HIIT		17:15-17:45
HARRIS		
Monday		
Zumba		18:00-18:45
Restore		19:00-19:45
Tuesday		
Slow Flow Yoga		19:00-19:45
Wednesday		
Circuits		18:15-19:00
Slow Flow Yoga		19:15-20:15
Thursday		
Ballet Bootcamp		18:00-18:45

GROVE		
Monday		
Legs, Bums & Tums		18:00-18:45
Wednesday		
Zumba		18:00-18:45
Fitness Pilates		18:15-19:00
Kettlebell Fit	🏋️	19:00-19:45
Thursday		
Vinyasa Flow Yoga		18:00-18:45
Saturday		
Circuits	★	10:00-10:45
Vinyasa Flow Yoga	★	10:00-11:00

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All information correct at the time of circulation: **March 2023**

★ Available to ALL LeisureActive members

🏋️ Bring your own Kettlebell(s)

🟠 New Classes

🟡 Outdoor Classes

* Please note that outdoor classes take place on the hockey pitch.

