

DOUGLAS

Monday		
Vinyasa Flow Yoga	★	08:30-09:15
Active Ageing: Strength	★	09:30-10:15
Body Pump		18:00-18:45
Tuesday		
Aerobics	★	10:15-11:00
Total Body Fit	★	11:15-12:00
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
Thursday		
Hatha Yoga	★	09:00-10:00
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
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
Met Con		18:00-18:45
Power Yoga		19:00-19:45
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		
Aqua Zumba	★	13:15-14:00
Body Attack		17:15-18:00
Fitness Pilates		18:05-18:50
AquaFit		18:30-19:15
Hatha Yoga		19:00-20:00
Thursday		
Body Attack	★	06:15-07:00
Full LIIT	★	10:00-10:30
Aerobics		18:00-18:45
Full TG HIIT		18:45-19:15
Body Balance		19:00-19:45
Friday		
Body Combat	★	06:15-07:00
Body Balance	★	11:30-12:15
Vinyasa Flow Yoga	★	12:30-13:15
Power Swim	★	12:30-13:00
Full HIIT		16:00-16:30
Body Attack		17:15-18:00
Hatha Yoga		19:00-20:00
Saturday		
Body Combat	★	09:00-09:45
Vinyasa Flow Yoga	★	10:00-11:00
Sunday		
Fit Camp	★	10:15-11:00

MENZIESHILL

Monday		
Zumba	★	10:00-10:45
Legs, Bums & Tums	★	11:00-11:45
Hatha Yoga	★	12:00-12:45
Wednesday		
Legs, Bums & Tums	★	10:00-10:45
Zumba	★	11:00-11:45
Aerobics	★	12:00-12:45
Thursday		
Vinyasa Flow Yoga	★	09:10-09:55
Friday		
Zumba	★	09:00-09:45
Legs, Bums & Tums	★	10:00-10:45
Pilates	★	11:00-11:45

ST. PAUL'S

Monday		
HIIT		18:00-18:30
Legs, Tums & Bums		18:30-19:15
Tuesday		
Body Attack		18:00-18:55
Wednesday		
Circuits		18:15-19:00
Thursday		
Body Attack		18:00-18:45

LOCHEE

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

HARRIS

Monday		
Zumba		18:10-18:55
Restore		19:00-19:45
Tuesday		
Aerobics		18:15-19:00
Thursday		
Barre Tone		18:00-18:45

DISC

Monday		
CBC Strength		17:30-18:15
Circuits		18:15-19:00
Tuesday		
Body Pump		17:15-18:00
Body Combat		18:15-19:00
Wednesday		
Body Combat		17:30-18:15
CBC Endurance		17:30-18:15
Body Pump		18:20-19:05
RecNet		19:00-20:30
Urban Moves to Motown		19:15-20:00
Thursday		
Zumba		18:30-19:15
Saturday		
HIIT	★	08:40-09:10
Body Pump	★	09:15-10:00
Sunday		
Circuits	★	09:30-10:15
Legs, Tums & Bums	★	10:15-11:00
Restore	★	11:00-11:45

GROVE

Monday		
Legs, Bums & Tums		18:00-18:45
Tuesday		
Kettlebell Fit	🔒	18:15-19:00
Wednesday		
Zumba		18:00-18:45
Kettlebell Fit	🔒	19:00-19:45

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All information correct at the time of circulation: April 2024

- ★ Available to ALL LeisureActive members
- 🔒 Bring your own Kettlebell(s)
- 🟠 New Classes

