

# TIMETABLE - LOCH LEVEN FITNESS PROGRAMME



FROM 8TH JANUARY 2024

## MONDAY

07:30 - 08:00 Spin Express
09:45 - 10:45 Social Gym
11:00 - 12:00 Socail Circuits
12:30 - 13:15 Aqua Circuits
18:00 - 18:45 L1FT*
18:55 - 19:55 Yoga*
20:00 - 21:00 Zumba*

## TUESDAY

07:30 - 08:00 Spin Express
12:30 - 13:15 HIIT
17:30 - 18:00 Spin Express
17:45 - 18:30 Tum, Bums & Thighs*
18:40 - 19:25 Stretch and Tone*

## WEDNESDAY

09:45 - 10:45 Social Gym
11:00 - 12:00 Socail Circuits
17:15 - 18:15 Spin Fit & Core
18:00 - 18:45 L1FT*
19:00 - 20:00 Pilates*

## THURSDAY

12:30 - 13:00 HIIT
13:00 - 13:45 Aqua Circuits
14:00 - 14:45 Aqua Circuits
17:30 - 18:15 Circuits*
18:00 - 18:45 SpinFit
18:25 - 18:55 Metafit*
19:00 - 20:00 Yoga*

## FRIDAY

07:30 - 08:00 Spin Express
09:30 - 10:15 Circuits
09:45 - 10:45 Social Gym
10:20 - 10:50 Core Stability
11:00 - 12:00 Social Circuits
12:15 - 13:00 Aqua Circuits
17:30 - 18:00 Spin Express
18:00 - 19:00 Zumba*

## SATURDAY

08:15 - 08:45 Spin Express
09:00 - 09:45 L1FT*
10:10 - 10:20 Metafit *

\* Classes held at Loch Leven Community Campus