

# Aubigny Sports Centre

## Bodyworks Gym Timetable

Correct as of September 2020

|                  | 6 | 7                                 | 8                                 | 9                                  | 10                                  | 11                                  | 12                                | 1                                 | 2                                 | 3                                 | 4                                 | 5                         | 6                                 | 7                                 | 8 | 9 |
|------------------|---|-----------------------------------|-----------------------------------|------------------------------------|-------------------------------------|-------------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|---------------------------|-----------------------------------|-----------------------------------|---|---|
| <b>MONDAY</b>    |   |                                   | 7:30-8:30<br>Bookable Session (6) | 9:00-10:00<br>Bookable Session (6) | 10:30-11:30<br>Bookable Session (6) | 12:00-1:00<br>Bookable Session (6)  | 1:30-2:30<br>Bookable Session (6) |                                   |                                   |                                   |                                   | 4:30-5:30<br>TEEN GYM (6) | 6:00-7:00<br>Bookable Session (6) | 7:30-8:30<br>Bookable Session (6) |   |   |
| <b>TUESDAY</b>   |   |                                   | 8:15-9:15<br>Bookable Session (6) | 9:45-10:45<br>Bookable Session (6) | 11:15-12:15<br>Bookable Session (6) | 12:45-1:45<br>Bookable Session (6)  | 2:15-3:15<br>Bookable Session (6) | 3:45-4:45<br>Bookable Session (6) | 5:30-6:30<br>Bookable Session (6) | 7:00-8:00<br>Bookable Session (6) | 8:30-9:30<br>Bookable Session (6) |                           |                                   |                                   |   |   |
| <b>WEDNESDAY</b> |   |                                   | 7:30-8:30<br>Bookable Session (6) | 9:00-10:00<br>Bookable Session (6) | 10:30-11:30<br>Bookable Session (6) | 12:00-1:00<br>Bookable Session (6)  | 1:30-2:30<br>Bookable Session (6) | 3:00-4:00<br>Bookable Session (6) | 4:30-5:30<br>Bookable Session (6) | 6:00-7:00<br>Bookable Session (6) | 7:30-8:30<br>Bookable Session (6) |                           |                                   |                                   |   |   |
| <b>THURSDAY</b>  |   | 6:30-7:30<br>Bookable Session (6) | 8:00-9:00<br>Bookable Session (6) | 9:30-10:30<br>Bookable Session (6) | 11:00-12:00<br>Bookable Session (6) | 12:30-1:30<br>Bookable Session (6)  | 2:00-3:00<br>Bookable Session (6) | 3:45-4:45<br>Bookable Session (6) | 5:15-6:15<br>Bookable Session (6) | 6:45-7:45<br>Bookable Session (6) | 8:15-9:15<br>Bookable Session (6) |                           |                                   |                                   |   |   |
| <b>FRIDAY</b>    |   |                                   | 7:30-8:30<br>Bookable Session (6) | 9:00-10:00<br>Bookable Session (6) | 10:30-11:30<br>Bookable Session (6) | 12:00-1:00<br>Bookable Session (6)  | 1:30-2:30<br>TEEN GYM (6)         | 3:00-4:00<br>Bookable Session (6) | 4:30-5:30<br>Bookable Session (6) | 7:00-8:00<br>Bookable Session (6) | 8:30-9:30<br>Bookable Session (6) |                           |                                   |                                   |   |   |
| <b>SATURDAY</b>  |   |                                   | 7:00-8:00<br>Bookable Session (6) | 8:30-9:30<br>Bookable Session (6)  | 10:00-11:00<br>Bookable Session (6) | 11:30-12:30<br>Bookable Session (6) | 1:00-2:00<br>Bookable Session (6) | 2:30-3:30<br>Bookable Session (6) |                                   |                                   |                                   |                           |                                   |                                   |   |   |
| <b>SUNDAY</b>    |   |                                   | 8:00-9:00<br>Bookable Session (6) | 9:30-10:30<br>Bookable Session (6) | 11:00-12:00<br>Bookable Session (6) | 12:30-1:30<br>Bookable Session (6)  | 2:00-3:00<br>Bookable Session (6) | 3:30-4:30<br>Bookable Session (6) |                                   |                                   |                                   |                           |                                   |                                   |   |   |

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### Pre-book Your Gym Session

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**THINK HYGIENE, KEEP IT CLEAN.**

**Before & After** using equipment ensure you use the disinfectant spray & cloth to thoroughly clean down the equipment.



**PERSONAL ITEMS**

Jackets, Bags, & Personal Towels **MUST NOT** be taken into the gym. Please only take essential items with you.



**BE CONSIDERATE**

Limit the time you spend on equipment, particularly CV to a max of 20mins.

Aubigny Sports Centre, Mill Wynd, Haddington, EH41 1DB

**T: 01620 820650 Book Online: [www.enjoyleisure.com](http://www.enjoyleisure.com)**

Delivering services for East Lothian Council. Enjoy East Lothian Ltd is a registered Scottish Charity: SC040527

# Dunbar Leisure Pool

## Bodyworks Gym Timetable

Correct as of September 2020

|                  | 6 | 30 | 7                    | 30 | 8                    | 30 | 9                    | 30 | 10                   | 30 | 11                   | 30 | 12                   | 30 | 1                    | 30 | 2                    | 30 | 3                    | 30 | 4                    | 30 | 5 | 30 | 6 | 30 | 7 | 30 | 8 | 30 | 9             | 30 |  |  |
|------------------|---|----|----------------------|----|----------------------|----|----------------------|----|----------------------|----|----------------------|----|----------------------|----|----------------------|----|----------------------|----|----------------------|----|----------------------|----|---|----|---|----|---|----|---|----|---------------|----|--|--|
| <b>MONDAY</b>    |   |    | 7:15-8:15            |    | 8:45-9:45            |    | 10:15-11:15          |    | 11:45-12:45          |    | 1:15-2:15            |    | 2:45-3:45            |    | 4:15-5:15            |    | 5:45-6:45            |    | 7:15-8:15            |    |                      |    |   |    |   |    |   |    |   |    |               |    |  |  |
|                  |   |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    |                      |    |   |    |   |    |   |    |   |    |               |    |  |  |
| <b>TUESDAY</b>   |   |    |                      |    |                      |    | 9:30-10:30           |    | 11:00-12:00          |    | 12:30-1:30           |    | 2:00-3:00            |    | 3:30-4:30            |    | 5:00-6:00            |    | 6:30-7:30            |    | 8:00-9:00            |    |   |    |   |    |   |    |   |    |               |    |  |  |
|                  |   |    |                      |    |                      |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    |   |    |   |    |   |    |   |    |               |    |  |  |
| <b>WEDNESDAY</b> |   |    |                      |    | 9:15-10:15           |    | 10:45-11:45          |    | 12:15-1:15           |    | 1:45-2:45            |    | 3:15-4:15            |    | 4:45-5:45            |    | 6:15-7:15            |    | 7:45-8:45            |    |                      |    |   |    |   |    |   |    |   |    |               |    |  |  |
|                  |   |    |                      |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (6) |    |   |    |   |    |   |    |   |    | Induction (1) |    |  |  |
| <b>THURSDAY</b>  |   |    |                      |    | 9:15-10:15           |    | 10:45-11:45          |    | 12:15-1:15           |    | 1:45-2:45            |    | 3:15-4:15            |    | 4:45-5:45            |    | 6:15-7:15            |    | 7:45-8:45            |    |                      |    |   |    |   |    |   |    |   |    |               |    |  |  |
|                  |   |    |                      |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    |   |    |   |    |   |    |   |    |               |    |  |  |
| <b>FRIDAY</b>    |   |    |                      |    |                      |    | 9:30-10:30           |    | 11:00-12:00          |    | 12:30-1:30           |    | 2:00-3:00            |    | 3:30-4:30            |    |                      |    |                      |    |                      |    |   |    |   |    |   |    |   |    |               |    |  |  |
|                  |   |    |                      |    |                      |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | TEEN GYM (7)         |    | Bookable Session (8) |    |                      |    |                      |    |                      |    |   |    |   |    |   |    |   |    |               |    |  |  |
| <b>SATURDAY</b>  |   |    |                      |    | 9:00-10:00           |    | 10:30-11:30          |    | 12:00-1:00           |    | 1:30-2:30            |    | 3:00-4:00            |    |                      |    |                      |    |                      |    |                      |    |   |    |   |    |   |    |   |    |               |    |  |  |
|                  |   |    |                      |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    |                      |    |                      |    |                      |    |                      |    |   |    |   |    |   |    |   |    |               |    |  |  |
| <b>SUNDAY</b>    |   |    |                      |    | 9:15-10:15           |    | 10:45-11:45          |    | 12:15-1:15           |    | 1:45-2:45            |    | 3:15-4:15            |    |                      |    |                      |    |                      |    |                      |    |   |    |   |    |   |    |   |    |               |    |  |  |
|                  |   |    |                      |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    | Bookable Session (8) |    |                      |    |                      |    |                      |    |                      |    |   |    |   |    |   |    |   |    |               |    |  |  |

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**BE CONSIDERATE**

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Dunbar Leisure Pool, Castle Park, Dunbar, EH42 1EU

**T: 01620 820655 Book Online: [www.enjoyleisure.com](http://www.enjoyleisure.com)**

Delivering services for East Lothian Council. Enjoy East Lothian Ltd is a registered Scottish Charity: SC040527

# Loch Centre Bodyworks Gym Timetable

Correct as of September 2020

|                  | 6 | 7                                  | 8                                  | 9                                   | 10                                   | 11                                   | 12                                   | 1                                   | 2                                   | 3                                  | 4                                  | 5                                  | 6                                  | 7                                  | 8                                  | 9                                  |
|------------------|---|------------------------------------|------------------------------------|-------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|-------------------------------------|-------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| <b>MONDAY</b>    |   | 7:00-8:00<br>Bookable Session (19) | 8:30-9:30<br>Bookable Session (19) |                                     | 10:00-11:00<br>Bookable Session (19) |                                      | 11:30-12:30<br>Bookable Session (19) |                                     | 1:15-2:15<br>Bookable Session (19)  | 2:45-3:45<br>Bookable Session (19) |                                    | 4:15-5:15<br>Bookable Session (19) | 5:45-6:45<br>Bookable Session (19) |                                    | 7:30-8:30<br>Bookable Session (19) |                                    |
| <b>TUESDAY</b>   |   | 7:00-8:00<br>Bookable Session (19) |                                    | 9:15-10:15<br>Bookable Session (19) |                                      | 11:30-12:30<br>Bookable Session (19) |                                      | 1:00-2:00<br>Bookable Session (19)  | 2:30-3:30<br>Bookable Session (19)  |                                    | 4:45-5:45<br>Bookable Session (19) |                                    | 6:45-7:45<br>Bookable Session (19) |                                    | 8:15-9:15<br>Bookable Session (19) |                                    |
| <b>WEDNESDAY</b> |   | 7:00-8:00<br>Bookable Session (19) | 8:30-9:30<br>Bookable Session (19) |                                     | 10:00-11:00<br>Bookable Session (19) |                                      | 11:30-12:30<br>Bookable Session (19) | 1:00-2:00<br>Bookable Session (19)  | 2:30-3:30<br>Bookable Session (19)  |                                    | 4:00-5:00<br>TEEN GYM (19)         |                                    | 5:45-6:45<br>Bookable Session (19) |                                    | 7:45-8:45<br>Bookable Session (19) |                                    |
| <b>THURSDAY</b>  |   | 7:30-8:30<br>Bookable Session (19) |                                    | 9:00-10:00<br>Bookable Session (19) |                                      | 10:30-11:30<br>Bookable Session (19) |                                      | 12:00-1:00<br>Bookable Session (19) |                                     | 3:00-4:00<br>Bookable Session (19) |                                    | 4:30-5:30<br>Bookable Session (19) |                                    | 6:00-7:00<br>Bookable Session (19) |                                    | 7:30-8:30<br>Bookable Session (19) |
| <b>FRIDAY</b>    |   | 7:15-8:15<br>Bookable Session (19) | 8:45-9:45<br>Bookable Session (19) |                                     | 10:15-11:15<br>Bookable Session (19) |                                      | 11:45-12:45<br>Bookable Session (19) |                                     | 1:30-2:30<br>TEEN GYM (19)          |                                    | 3:15-4:15<br>Bookable Session (19) |                                    | 5:00-6:00<br>Bookable Session (19) |                                    | 7:00-8:00<br>Bookable Session (19) |                                    |
| <b>SATURDAY</b>  |   |                                    |                                    | 9:00-10:00<br>Bookable Session (19) |                                      | 10:30-11:30<br>Bookable Session (19) |                                      | 12:00-1:00<br>Bookable Session (19) |                                     | 1:30-2:30<br>Bookable Session (19) |                                    | 3:00-4:00<br>Bookable Session (19) |                                    |                                    |                                    |                                    |
| <b>SUNDAY</b>    |   |                                    |                                    |                                     | 9:45-10:45<br>Bookable Session (19)  |                                      | 11:15-12:15<br>Bookable Session (19) |                                     | 12:45-1:45<br>Bookable Session (19) |                                    | 2:30-3:30<br>Bookable Session (19) |                                    |                                    |                                    |                                    |                                    |

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# Meadowmill Sports Centre

## Bodyworks Gym & Free Weights Gym Timetable

Correct as of September 2020

|           | 9                | 10 | 11                        | 12                        | 1 | 2                       | 3                       | 4                       | 5                       | 6                       | 7                       | 8                       | 9                        | 10 |
|-----------|------------------|----|---------------------------|---------------------------|---|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|--------------------------|----|
| MONDAY    | Bodyworks Gym    |    | 10:00-11:00<br>B'Gym (12) | 12:00-1:00<br>B'Gym (12)  |   | 2:00-3:00<br>B'Gym (12) | 3:30-4:30<br>B'Gym (12) |                         | 5:00-6:00<br>B'Gym (12) |                         | 7:00-8:00<br>B'Gym (12) |                         | 8:30-9:30<br>B'Gym (12)  |    |
|           | Free Weights Gym |    | 9:00-10:00<br>FW Gym (9)  | 11:00-12:00<br>FW Gym (9) |   | 1:00-2:00<br>FW Gym (9) | 3:00-4:00<br>FW Gym (9) |                         | 4:30-5:30<br>FW Gym (9) |                         | 6:30-7:30<br>FW Gym (9) |                         | 8:00-9:00<br>FW Gym (9)  |    |
| TUESDAY   | Bodyworks Gym    |    | 10:00-11:00<br>B'Gym (12) | 12:00-1:00<br>B'Gym (12)  |   | 2:00-3:00<br>B'Gym (12) | 3:30-4:30<br>B'Gym (12) |                         | 5:00-6:00<br>B'Gym (12) |                         | 7:00-8:00<br>B'Gym (12) |                         | 8:30-9:30<br>B'Gym (12)  |    |
|           | Free Weights Gym |    | 9:00-10:00<br>FW Gym (9)  | 11:00-12:00<br>FW Gym (9) |   | 1:00-2:00<br>FW Gym (9) | 3:00-4:00<br>FW Gym (9) |                         | 4:30-5:30<br>FW Gym (9) |                         | 6:30-7:30<br>FW Gym (9) |                         | 8:00-9:00<br>FW Gym (9)  |    |
| WEDNESDAY | Bodyworks Gym    |    | 10:00-11:00<br>B'Gym (12) | 12:00-1:00<br>B'Gym (12)  |   | 2:00-3:00<br>B'Gym (12) |                         | 4:00-5:00<br>B'Gym (12) | 5:30-6:30<br>B'Gym (12) |                         | 7:30-8:30<br>B'Gym (12) |                         | 9:00-10:00<br>B'Gym (12) |    |
|           | Free Weights Gym |    | 9:00-10:00<br>FW Gym (9)  | 11:00-12:00<br>FW Gym (9) |   | 1:00-2:00<br>FW Gym (9) | 3:00-4:00<br>FW Gym (9) |                         | 5:00-6:00<br>FW Gym (9) | 6:30-7:30<br>FW Gym (9) |                         | 8:00-9:00<br>FW Gym (9) |                          |    |
| THURSDAY  | Bodyworks Gym    |    | 10:00-11:00<br>B'Gym (12) | 12:00-1:00<br>B'Gym (12)  |   | 2:00-3:00<br>B'Gym (12) |                         | 4:00-5:00<br>B'Gym (12) | 5:30-6:30<br>B'Gym (12) |                         | 7:30-8:30<br>B'Gym (12) |                         | 9:00-10:00<br>B'Gym (12) |    |
|           | Free Weights Gym |    | 9:00-10:00<br>FW Gym (9)  | 11:00-12:00<br>FW Gym (9) |   | 1:00-2:00<br>FW Gym (9) | 3:00-4:00<br>FW Gym (9) |                         | 5:00-6:00<br>FW Gym (9) | 6:30-7:30<br>FW Gym (9) |                         | 8:00-9:00<br>FW Gym (9) |                          |    |
| FRIDAY    | Bodyworks Gym    |    | 10:00-11:00<br>B'Gym (12) | 12:00-1:00<br>B'Gym (12)  |   | 2:00-3:00<br>B'Gym (12) |                         | 4:00-5:00<br>B'Gym (12) | 6:00-7:00<br>B'Gym (12) |                         | 8:00-9:00<br>B'Gym (12) |                         |                          |    |
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| SUNDAY    | Bodyworks Gym    |    | 10:00-11:00<br>B'Gym (12) | 12:00-1:00<br>B'Gym (12)  |   | 2:00-3:00<br>B'Gym (12) |                         | 4:00-5:00<br>B'Gym (12) |                         |                         |                         |                         |                          |    |
|           | Free Weights Gym |    | 9:00-10:00<br>FW Gym (9)  | 11:00-12:00<br>FW Gym (9) |   | 1:00-2:00<br>FW Gym (9) | 3:00-4:00<br>FW Gym (9) |                         |                         |                         |                         |                         |                          |    |

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Meadowmill Sports Centre, By Tranent, EH33 1LZ

**T: 01875 618997 Book Online: [www.enjoyleisure.com](http://www.enjoyleisure.com)**

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# Musselburgh Sports Centre

## Bodyworks Gym Timetable

Correct as of September 2020

|                  | 6                                  | 7                                    | 8                                    | 9                                                         | 10                                   | 11                                  | 12                                 | 1                                  | 2                                  | 3                                                       | 4 | 5 | 6 | 7 | 8                                                       | 9 |
|------------------|------------------------------------|--------------------------------------|--------------------------------------|-----------------------------------------------------------|--------------------------------------|-------------------------------------|------------------------------------|------------------------------------|------------------------------------|---------------------------------------------------------|---|---|---|---|---------------------------------------------------------|---|
| <b>MONDAY</b>    |                                    |                                      | 7:15 - 8:30<br>Bookable Session (12) | 9:00-10:00<br>Bookable Session (12)                       | 10:30-11:30<br>Bookable Session (12) | 12:00-1:00<br>Bookable Session (12) | 1:30-2:30<br>Bookable Session (12) | 3:00-4:00<br>Bookable Session (12) | 4:30-5:30<br>Bookable Session (12) | 6:00-7:00<br>Bookable Session (12)                      |   |   |   |   | 7:30-8:30<br>Bookable Session (10)<br>Gym Induction (1) |   |
| <b>TUESDAY</b>   | 6:00-7:00<br>Bookable Session (12) | 7:30-8:30<br>Bookable Session (12)   | 9:00-10:00<br>Bookable Session (12)  | 10:30-11:30<br>Bookable Session (12)                      | 12:00-1:00<br>Bookable Session (12)  | 1:30-2:30<br>Bookable Session (12)  | 3:00-4:00<br>Bookable Session (12) | 4:30-5:30<br>Bookable Session (12) | 6:00-7:00<br>Bookable Session (12) | 7:30-8:30<br>Bookable Session (12)                      |   |   |   |   |                                                         |   |
| <b>WEDNESDAY</b> |                                    | 7:15 - 8:30<br>Bookable Session (12) | 9:00-10:00<br>Bookable Session (12)  | 10:30-11:30<br>Bookable Session (10)<br>Gym Induction (1) | 12:00-1:00<br>Bookable Session (12)  | 1:30-2:30<br>Bookable Session (12)  | 3:00-4:00<br>Bookable Session (12) | 4:30-5:30<br>Bookable Session (12) | 6:00-7:00<br>Bookable Session (12) | 7:30-8:30<br>Bookable Session (10)<br>Gym Induction (1) |   |   |   |   |                                                         |   |
| <b>THURSDAY</b>  | 6:00-7:00<br>Bookable Session (12) | 7:30-8:30<br>Bookable Session (12)   | 9:00-10:00<br>Bookable Session (12)  | 10:30-11:30<br>Bookable Session (12)                      | 12:00-1:00<br>Bookable Session (12)  | 1:30-2:30<br>Bookable Session (12)  | 3:00-4:00<br>Bookable Session (12) | 4:30-5:30<br>Bookable Session (12) | 6:00-7:00<br>Bookable Session (12) | 7:30-8:30<br>Bookable Session (12)                      |   |   |   |   |                                                         |   |
| <b>FRIDAY</b>    | 6:00-7:00<br>Bookable Session (12) | 7:30-8:30<br>Bookable Session (12)   | 9:00-10:00<br>Bookable Session (12)  | 10:30-11:30<br>Bookable Session (12)                      | 12:00-1:00<br>Bookable Session (12)  | 1:30-2:30<br>TEEN GYM (12)          | 3:00-4:00<br>Bookable Session (12) | 4:30-5:30<br>Bookable Session (12) | 6:00-7:00<br>Bookable Session (12) | 7:30-8:30<br>Bookable Session (12)                      |   |   |   |   |                                                         |   |
| <b>SATURDAY</b>  |                                    |                                      | 9:00-10:00<br>Bookable Session (12)  | 10:30-11:30<br>Bookable Session (12)                      | 12:00-1:00<br>Bookable Session (12)  | 1:30-2:30<br>Bookable Session (12)  | 3:00-4:00<br>Bookable Session (12) |                                    |                                    |                                                         |   |   |   |   |                                                         |   |
| <b>SUNDAY</b>    |                                    |                                      | 9:00-10:00<br>Bookable Session (12)  | 10:30-11:30<br>Bookable Session (12)                      | 12:00-1:00<br>Bookable Session (12)  | 1:30-2:30<br>Bookable Session (12)  | 3:00-4:00<br>Bookable Session (12) |                                    |                                    |                                                         |   |   |   |   |                                                         |   |

**General Booking Policy:** Gym Sessions may be subject to change at short notice. Please contact the Sports Centre or check online for details.

### Pre-book Your Gym Session

**YES! We are asking all customers to pre-book gym sessions in advance.**

This allows us to organise manage gym capacities, and comply with the NHS Test & Protect scheme by knowing who attended a specific gym session. Each gym session will last for **60 mins**. Between each session the gym will close for cleaning and disinfecting. Please arrive 'Gym



**THINK HYGIENE, KEEP IT CLEAN.**

**Before & After** using equipment ensure you use the disinfectant spray & cloth to thoroughly clean down the equipment.



**PERSONAL ITEMS**

Jackets, Bags, & Personal Towels **MUST NOT** be taken into the gym. Please only take essential items with you.



**BE CONSIDERATE**

Limit the time you spend on equipment, particularly CV to a max of 20mins.

Musselburgh Sports Centre, Newbigging, Musselburgh, EH21 7AS

**T: 0131 653 5208 Book Online: [www.enjoyleisure.com](http://www.enjoyleisure.com)**

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# North Berwick Sport Centre

## Bodyworks Gym Timetable

Correct as of September 2020

|                  | 6 | 7                                  | 8                                  | 9                                   | 10                                   | 11                                   | 12                                   | 1                                   | 2                                   | 3                                  | 4                                  | 5                                  | 6                                  | 7                                  | 8                                  | 9                                  |                                    |                                    |
|------------------|---|------------------------------------|------------------------------------|-------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|-------------------------------------|-------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| <b>MONDAY</b>    |   |                                    |                                    |                                     | 9:45-10:45<br>Bookable Session (24)  | 11:15-12:15<br>Bookable Session (24) | 12:45-1:45<br>Bookable Session (24)  | 2:15-3:15<br>Bookable Session (24)  | 3:45-4:45<br>Bookable Session (24)  | 5:15-6:15<br>Bookable Session (24) |                                    |                                    |                                    |                                    | 7:00-8:00<br>Bookable Session (24) |                                    |                                    |                                    |
| <b>TUESDAY</b>   |   | 7:30-8:30<br>Bookable Session (24) |                                    | 9:00-10:00<br>Bookable Session (24) |                                      | 10:30-11:30<br>Bookable Session (24) |                                      | 12:00-1:00<br>Bookable Session (24) |                                     | 1:30-2:30<br>Bookable Session (24) |                                    | 3:00-4:00<br>Bookable Session (24) |                                    | 4:30-5:30<br>Bookable Session (24) |                                    | 6:00-7:00<br>Bookable Session (24) | 7:30-8:30<br>Bookable Session (24) |                                    |
| <b>WEDNESDAY</b> |   |                                    |                                    | 9:00-10:00<br>Bookable Session (24) |                                      | 10:30-11:30<br>Bookable Session (24) |                                      | 12:00-1:00<br>Bookable Session (24) |                                     | 1:30-2:30<br>Bookable Session (24) |                                    | 3:00-4:00<br>Bookable Session (24) |                                    | 4:30-5:30<br>Bookable Session (24) |                                    | 6:00-7:00<br>Bookable Session (24) | 7:30-8:30<br>Bookable Session (24) |                                    |
| <b>THURSDAY</b>  |   | 7:00-8:00<br>Bookable Session (24) | 8:30-9:30<br>Bookable Session (24) |                                     | 10:00-11:00<br>Bookable Session (24) |                                      | 11:30-12:30<br>Bookable Session (24) |                                     | 1:00-2:00<br>Bookable Session (24)  |                                    | 3:00-4:00<br>Bookable Session (24) |                                    | 4:30-5:30<br>Bookable Session (24) |                                    | 6:00-7:00<br>Bookable Session (24) | 7:30-8:30<br>Bookable Session (24) |                                    |                                    |
| <b>FRIDAY</b>    |   |                                    |                                    |                                     | 9:45-10:45<br>Bookable Session (24)  |                                      | 11:15-12:15<br>Bookable Session (24) |                                     | 12:45-1:45<br>Teen Gym (24)         |                                    | 2:15-3:15<br>Teen Gym (24)         |                                    | 3:45-4:45<br>Bookable Session (24) |                                    | 5:15-6:15<br>Bookable Session (24) |                                    | 6:45-7:45<br>Bookable Session (24) | 8:15-9:15<br>Bookable Session (24) |
| <b>SATURDAY</b>  |   |                                    |                                    |                                     | 9:30-10:30<br>Bookable Session (24)  |                                      | 11:00-12:00<br>Bookable Session (24) |                                     | 12:30-1:30<br>Bookable Session (24) |                                    | 2:00-3:00<br>Bookable Session (24) |                                    | 3:30-4:30<br>Bookable Session (24) |                                    |                                    |                                    |                                    |                                    |
| <b>SUNDAY</b>    |   |                                    |                                    |                                     | 9:00-10:00<br>Bookable Session (24)  |                                      | 10:30-11:30<br>Bookable Session (24) |                                     | 12:00-1:00<br>Bookable Session (24) |                                    | 1:30-2:30<br>Bookable Session (24) |                                    | 3:00-4:00<br>Bookable Session (24) |                                    |                                    |                                    |                                    |                                    |

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North Berwick Sports Centre, Grange Road, North Berwick, EH39 4QS

**T: 01620 820730 Book Online: [www.enjoyleisure.com](http://www.enjoyleisure.com)**

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