

Dunbar Leisure Pool

FITNESS TIMETABLE

Thursday 02 December - Wednesday 08 December

Time	Activity
Thursday	
09:15 - 10:00	Kettlebells
10:15 - 11:00	Bodycombat
11:15 - 12:00	Body Conditioning
18:00 - 18:45	Bodypump
19:00 - 19:45	Spinfit
Friday	
09:15 - 09:45	Spin Express
10:00 - 10:30	Metafit
10:05 - 10:50	Aquafit
10:45 - 11:30	Bodypump
Saturday	
09:00 - 09:45	Kettlebells
10:00 - 10:45	Bodycombat
11:00 - 11:45	Bodybalance
Sunday	
08:45 - 09:30	Bodypump
09:45 - 10:15	Spinfit Express
Monday	
10:05 - 10:50	Aquafit
18:30 - 19:15	Rockfit
19:30 - 20:15	Spinfit
Tuesday	
09:15 - 10:00	Bodypump
10:15 - 11:00	Spinfit
11:15 - 12:15	Bodybalance
18:00 - 18:45	Bodypump
19:00 - 19:45	Spinfit
Wednesday	
09:00 - 09:30	Metafit
10:30 - 11:15	Aquafit
10:45 - 11:30	Pilates