

Dunbar Leisure Pool

FITNESS TIMETABLE

Thursday 06 October - Wednesday 12 October

Time	Activity
Thursday	
09:15 - 10:00	Kettlebells
10:05 - 10:50	Bodycombat
10:55 - 11:40	Body Conditioning
12:30 - 13:30	Gentle Movement
18:00 - 18:45	Bodypump
19:00 - 19:45	Spinfit
Friday	
09:15 - 09:45	Spin Express
10:00 - 10:30	Abs Blast
10:15 - 11:00	Aquafit
14:00 - 15:00	Teen Fit
Saturday	
09:00 - 09:45	Kettlebells
09:50 - 10:35	Body Combat
10:40 - 11:25	Body Balance
Sunday	
08:45 - 09:30	Bodypump
09:45 - 10:15	Spinfit Express
Monday	
08:00 - 09:00	Swim Fast Lane
09:15 - 10:00	Body Suspension
10:10 - 10:55	Body Attack
10:15 - 11:00	Aquafit
11:00 - 11:45	Body Balance
12:15 - 13:15	Move More Circuit
19:30 - 20:15	Spinfit
Tuesday	
09:15 - 10:00	Bodypump
10:15 - 11:00	Spinfit
11:15 - 12:00	Pilates
18:00 - 18:45	Bodypump
19:00 - 19:45	Spinfit
Wednesday	
09:40 - 10:25	Spinfit
10:15 - 11:00	-- Aquafit
10:45 - 11:30	Pilates
17:45 - 18:30	Body Attack
18:35 - 19:20	Zumba
19:30 - 20:15	Body Balance