

Loch Centre  
FITNESS TIMETABLE

Wednesday 17 August

Time	Activity
09:15 - 10:00	Aquafit
10:30 - 11:15	Bodypump
17:00 - 17:30	Metafit
17:30 - 18:15	Bodypump
18:15 - 19:00	Step & Tone
18:30 - 19:15	Spin-Fit