

Loch Centre

FITNESS TIMETABLE

Thursday 06 October - Wednesday 12 October

Time	Activity	Time	Activity
Thursday		Wednesday	
07:30 - 08:15	Yoga	17:30 - 18:15	Bodypump
09:15 - 10:00	Body Balance	18:15 - 19:00	Step & Tone
09:30 - 10:15	Spinfit	18:30 - 19:15	Spin-Fit
10:15 - 11:00	Zumba		
11:00 - 11:45	Funky Fitness		
19:15 - 20:00	Bodypump		
Friday			
09:15 - 10:15	Body Combat		
09:30 - 10:15	Spinfit		
10:30 - 11:15	Bodypump		
Saturday			
09:05 - 10:05	Bodypump		
10:15 - 11:00	Spinfit		
Sunday			
09:05 - 09:50	Bodycombat		
09:15 - 10:00	Spinfit		
10:00 - 10:45	Bodybalance		
10:00 - 10:45	Yin Yoga Zoom		
10:05 - 10:50	Zumba		
11:00 - 11:45	Pilates		
Monday			
07:30 - 08:15	Yoga Zoom		
09:15 - 10:15	Bodypump		
11:15 - 12:00	Funky Fitness		
12:15 - 13:00	Aquafit		
17:00 - 17:45	Legs, Bums & Tums		
17:00 - 18:00	Yogalates		
17:20 - 18:05	Bodypump		
18:00 - 18:45	Step & Tone		
18:15 - 19:00	Bodycombat		
Tuesday			
07:30 - 08:15	Yoga Zoom		
08:45 - 09:30	Aquafit		
09:15 - 10:00	Stretch & Strengt		
09:30 - 10:15	Spinfit		
10:15 - 11:00	Zumba		
11:00 - 11:45	Funky Fitness		
17:00 - 18:00	Pilates		
17:15 - 18:00	Bodypump		
18:05 - 19:05	Body Balance		
19:15 - 20:00	Aqua-Fit		
19:15 - 20:00	Halton Boxing		
20:10 - 20:50	Kettlebells		
Wednesday			
09:15 - 10:00	Aquafit		
09:30 - 10:14	Spinfit		
10:30 - 11:15	Bodypump		
17:00 - 17:30	Metafit		