

Meadowmill Sports Centre

FITNESS TIMETABLE

Thursday 18 August

Time	Activity
09:15 - 10:00	Spinfit
09:15 - 10:15	- Pilates
10:05 - 10:35	H I I T
10:20 - 11:20	Yoga
10:30 - 12:00	Porst Seton Resource Cent
13:00 - 15:00	Port Seton Resource Centr
16:30 - 17:30	Satalite Hockey
18:15 - 19:15	Dynamic Yoga