

## Musselburgh Sports Centre

### FITNESS TIMETABLE

Wednesday 17 August

Time	Activity
08:00 - 09:00	Swim Fast Lane
09:30 - 10:30	Bodypump
10:45 - 11:45	Pilates
12:00 - 12:45	Zumba
17:25 - 18:25	Piloxing
18:35 - 19:35	Step & Tone
19:45 - 20:45	Yoga