

## Musselburgh Sports Centre

### FITNESS TIMETABLE

Thursday 18 August

Time	Activity
10:30 - 11:30	Move More Circuit
12:15 - 13:00	Aquafit
17:30 - 18:15	Bodycombat
18:30 - 19:15	Aquafit
18:45 - 19:45	Kettlebells
20:00 - 21:00	Fitness Pilates