

North Berwick Sports Centre

FITNESS TIMETABLE

Wednesday 17 August

Time	Activity
09:30 - 10:15	Pilates
10:30 - 11:15	Vipr
12:00 - 13:00	Swim Fast Lane
13:15 - 14:15	Yoga
17:30 - 18:00	Metafit
18:15 - 19:00	Body Conditioning
19:15 - 20:15	Spinfit