

# North Berwick Sports Centre

## FITNESS TIMETABLE

Wednesday 05 October - Tuesday 11 October

Time	Activity
Wednesday	
10:30 - 11:15	Vipr
12:00 - 13:00	Swim Fast Lane
17:30 - 18:00	Metafit
18:15 - 19:00	Body Conditioning
19:15 - 20:15	Spinfit
Thursday	
08:45 - 09:30	Body Balance
09:45 - 10:15	Metafit
09:45 - 10:30	Body Conditioning
10:30 - 11:15	Aquafit
11:30 - 12:15	Yoga
18:15 - 19:00	Legs, Bums & Tums
19:15 - 20:15	Spinfit
Friday	
09:00 - 09:45	Step
10:00 - 11:00	Spinfit
Saturday	
09:00 - 09:30	Metafit
09:45 - 10:45	Spinfit
Sunday	
Monday	
09:15 - 10:14	Legs, Tums & Bums
10:30 - 11:15	Vipr
19:15 - 20:00	Spinfit
Tuesday	
07:00 - 08:00	Swim Slow Lane
09:15 - 09:45	Metafit
09:50 - 10:20	Abs Blast
10:30 - 11:15	Bodypump
12:00 - 12:45	Pilates
17:15 - 17:45	Metafit
18:15 - 19:00	Toning
19:15 - 20:00	Bodybalance