

Aubigny Sports Centre

Bodyworks Gym Timetable

Correct as of 30th August 2021

	6	30	7	30	8	30	9	30	10	30	11	30	12	30	1	30	2	30	3	30	4	30	5	30	6	30	7	30	8	30	9	30
MONDAY	7:00am - 6:00pm														6:00-7:00 Gym Inductions	7:00pm - 9:30pm																
TUESDAY	7:00am - 9:30pm																															
WEDNESDAY	7:00am - 9:30pm																															
THURSDAY	7:30am - 9:30pm																															
FRIDAY	7:00am - 1:30pm														1:30-2:30 Teen Gym 12-15 yrs	2:30pm - 9:30pm																
SATURDAY	8:30am - 1:00pm														1:00-2:00 Gym Inductions	2:00pm-5:00pm																
SUNDAY	7:00am - 9:00am							9:00-10:00 Gym Inductions	10:00am - 5:00pm																							

General Booking Policy: Gym Sessions may be subject to change at short notice. Please contact the Sports Centre or check online for details.

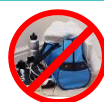
Guarantee Your Space, Pre-book Your Gym Session

Customers can arrive at the gym at a time that suits them, subject to availability. However to **guarantee a space at peak times**, you can pre-book a gym session (in person, over the phone or online). To do so, book into one of the 'session start times' – available every 30mins throughout the day. Gym sessions can be booked up to 7 days in advance. Cancellation policy



THINK HYGIENE, KEEP IT CLEAN.

Before & After using equipment ensure you use the disinfectant spray & cloth to thoroughly clean down the equipment.



PERSONAL ITEMS

Jackets, Bags, & Personal Towels **MUST NOT** be taken into the gym. Please only take essential items with you.



BE CONSIDERATE

Limit the time you spend on equipment, particularly CV to a max of 20mins.

Aubigny Sports Centre, Mill Wynd, Haddington, EH41 1DB

T: 01620 820650 Book Online: www.enjoyleisure.com

Delivering services for East Lothian Council. Enjoy East Lothian Ltd is a registered Scottish Charity: SC040527

Dunbar Leisure Pool

Bodyworks Gym Timetable

Correct as of 30th August 2021

	6	30	7	30	8	30	9	30	10	30	11	30	12	30	1	30	2	30	3	30	4	30	5	30	6	30	7	30	8	30	9	30	
MONDAY	8:00am - 9:00pm																																
TUESDAY	9:00am - 6:00pm															6:00-7:00 Gym Inductions			7:00pm - 9:00pm														
WEDNESDAY	9:00am - 7:45pm															7:45-8:45 Gym Inductions																	
THURSDAY	9:00am - 9:00pm																																
FRIDAY	9:00am - 2:00pm															2:00-3:00 TEEN GYM			3:00pm - 5:00pm														
SATURDAY	9:00am - 5:00pm																																
SUNDAY	8:30am - 3:00pm															3:00-4:00 Gym Inductions			4:00-5:00														

General Booking Policy: Gym Sessions may be subject to change at short notice. Please contact the Sports Centre or check online for details.

Guarantee Your Space, Pre-book Your Gym Session

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PERSONAL ITEMS

Jackets, Bags, & Personal Towels **MUST NOT** be taken into the gym. Please only take essential items with you.



BE CONSIDERATE

Limit the time you spend on equipment, particularly CV to a max of 20mins.

Dunbar Leisure Pool, Castle Park, Dunbar, EH42 1EU

T: 01620 820655 Book Online: www.enjoyleisure.com

Delivering services for East Lothian Council. Enjoy East Lothian Ltd is a registered Scottish Charity: SC040527

Loch Centre Bodyworks Gym Timetable

Correct as of 30th August 2021

	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9
MONDAY							7:45am - 4:00pm			4:00-5:00 Teen Gym		5:00pm-6:00pm		7:30-8:30 Gym Inductions		8:30-9:30
TUESDAY							7:00am - 2:15pm		2:15-3:15 Gym Inductions							3:15pm - 9:30pm
WEDNESDAY							7:00am - 1:00pm		1:00-2:00 Gym Induction		2:00-4:00		4:00-5:00 Teen Gym			5:00pm - 9:30pm
THURSDAY																7:00am - 9:30pm
FRIDAY							7:45am - 12:45pm		12:45-1:45 Teen Gym							1:45pm - 9:00pm
SATURDAY																9:00-10:00
																1:00-2:00 Gym Inductions
																2:00pm - 4:30pm
SUNDAY																9:00am - 4:00pm

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Guarantee Your Space, Pre-book Your Gym Session

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THINK HYGIENE, KEEP IT CLEAN.

Before & After using equipment ensure you use the disinfectant spray & cloth to thoroughly clean down the equipment.



PERSONAL ITEMS

Jackets, Bags, & Personal Towels **MUST NOT** be taken into the gym. Please only take essential items with you.



BE CONSIDERATE

Limit the time you spend on equipment, particularly CV to a max of 20mins.

Loch Centre, Well Wynd, Tranent, EH33 2JX

T: 01875 824140 Book Online: www.enjoyleisure.com

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Meadowmill Sports Centre

Bodyworks Gym & Free Weights Gym Timetable

Correct as of 30th August 2021

		9	10	11	12	1	2	3	4	5	6	7	8	9	10
MONDAY	Bodyworks Gym	9:00am - 10:00pm													
	Free Weights Gym	9:00am - 10:00pm													
TUESDAY	Bodyworks Gym	9:00am - 10:00pm													
	Free Weights Gym	9:00am - 10:00pm													
WEDNESDAY	Bodyworks Gym	9:00-10:00	10:00-11:00	11:00am - 10:00pm											
	Free Weights Gym	9:00-10:00	10:00-11:00	11:00am - 10:00pm											
THURSDAY	Bodyworks Gym	9:00am - 10:00pm													
	Free Weights Gym	9:00am - 10:00pm													
FRIDAY	Bodyworks Gym	9:00am - 10:00pm													
	Free Weights Gym	9:00am - 10:00pm													
SATURDAY	Bodyworks Gym	9:00am - 5:00pm													
	Free Weights Gym	9:00am - 5:00pm													
SUNDAY	Bodyworks Gym	9:00-10:00	10:00-11:00	11:00-2:00	2:00-3:00	3:00-5:00									
	Free Weights Gym	9:00am - 5:00pm													

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Before & After using equipment ensure you use the disinfectant spray & cloth to thoroughly clean down the equipment.



PERSONAL ITEMS

Jackets, Bags, & Personal Towels **MUST NOT** be taken into the gym. Please only take essential items with you.



BE CONSIDERATE

Limit the time you spend on equipment, particularly CV to a max of 20mins.

Meadowmill Sports Centre, By Tranent, EH33 1LZ

T: 01875 618997 Book Online: www.enjoyleisure.com

Delivering services for East Lothian Council. Enjoy East Lothian Ltd is a registered Scottish Charity: SC040527

Musselburgh Sports Centre

Bodyworks Gym Timetable

Correct as of 30th August 2021

	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9			
MONDAY	7:00am - 7:30pm															7:30-8:30	8:30-9:30		
TUESDAY	6:00am - 9:30pm																		
WEDNESDAY	7:00am - 2:30pm															2:30-3:30 Gym Inductions	3:30pm-7:00pm	7:00-8:00 Gym Inductions	8:00-9:30
THURSDAY	6:00am - 9:30pm																		
FRIDAY	7:00am - 1:00pm															1:00-2:00 Teen Gym	2:30pm - 9:30pm		
SATURDAY	9:00am - 4:30pm																		
SUNDAY	9:00-10:30															10:30-11:30 Gym Inductions	11:30-1:45	1:45-2:45 Gym Inductions	2:45-4:30

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PERSONAL ITEMS

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BE CONSIDERATE

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Musselburgh Sports Centre, Newbigging, Musselburgh, EH21 7AS

T: 0131 653 5208 Book Online: www.enjoyleisure.com

Delivering services for East Lothian Council. Enjoy East Lothian Ltd is a registered Scottish Charity: SC040527

North Berwick Sport Centre Bodyworks Gym Timetable

Correct as of 30th August 2021

	6	30	7	30	8	30	9	30	10	30	11	30	12	30	1	30	2	30	3	30	4	30	5	30	6	30	7	30	8	30	9	30				
MONDAY	9:00am - 10:00pm																																			
TUESDAY	7:00am - 11:00am						11:00-12:00 Gym Inductions			12:00pm - 6:00pm										6:00-7:00 Teen Gym			7:00pm-10:00pm													
WEDNESDAY	9:00am - 7:15pm																								7:15-8:15 Gym Inductions			8:15pm-10:00pm								
THURSDAY	7:00am - 6:15pm																																			
FRIDAY	9:00am - 12:30pm						12:30-1:30 Teen Gym			1:30-2:30 Teen Induction			2:30pm - 10:00pm																							
SATURDAY	9:00am - 11:30am						11:30-12:30 Gym Inductions			12:30pm - 5:00pm																										
SUNDAY	9:00am - 3:00pm																		3:00-4:00 Teen Gym			4:00-5:00														

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BE CONSIDERATE

Limit the time you spend on equipment, particularly CV to a max of 20mins.

North Berwick Sports Centre, Grange Road, North Berwick, EH39 4QS

T: 01620 820730 Book Online: www.enjoyleisure.com

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