



Averon Leisure Centre & Library - AInness GROUP FITNESS CLASS TIMETABLE

FROM MON. 18th NOV. UNTIL SAT. 21st DEC.

MONDAY	B Pump	Julie C	09:30	10:30	Games Hall
	B Balance	Sarah A	10:45	11:45	Rec Hall
	Bums N Tums	Sarah A	18:00	18:45	Games Hall
	Spin	Sam/sharon	18:00	19:00	Rec Hall
	Yoga	Sarah	19:00	20:00	Lounge
	Body Combat	Julie C	19:00	20:00	Games Hall
TUESDAY	Pilates	Suzanne	09:15	10:15	Studio
	Spin	Sam G	09:30	10:30	Rec Hall
	Yoga	Sarah A	10:30	11:30	Rec Hall
	Otago	Julie B	12:00	13:00	Studio
	Parkinson's Class	Liz	14:00	15:00	Studio
	B Pump	Sarah	18:00	19:00	Games Hall
	B Balance	Sarah A	19:15	20:15	Games Hall
WEDNESDAY	Body Combat	Sam G	09:30	10:30	Games Hall
	Fat Burn	Morag	18:00	18:30	Rec Hall
	Functional Training	Sam	18:45	19:30	Games Hall
	Abs Blast/ HIIT Step	Sam	19:30	20:00	Games Hall
THURSDAY	B Pump	Sarah A	09:30	10:30	Games Hall
	B Balance	Sarah A	10:45	11:45	Rec Hall
	B Pump	Claire R	18:00	19:00	Games Hall
	B Balance	Sarah A	19:15	20:15	Rec Hall
FRIDAY	B Combat	Sam G	09:30	10:30	Games Hall
	B Balance	Sam G	10:45	11:45	Rec Hall
	Workout Plus	Suzanne	11:30	12:30	Games Hall
	Fat Burn	Sam	17:30	18:00	Gameshall
	Spin	Jenny	18:15	19:15	Rec Hall
SATURDAY	HIIT Spin	Sam	09:15	09:45	Lounge
	B Pump	Sam	10:00	10:45	Main hall
	B Balance	Sam	11:00	12:00	Studio