

<b>MON</b>				6.00pm	PUBLIC SWIMMING (See Programme Guidance Notes Below)						10.00pm	
<b>TUE</b>	4.15pm	5.15pm		5.30pm	6.30pm	6.30pm	8.00pm	8.00pm	8.45pm		9.00pm	10.00pm
	SENIOR SESSION			SWIMMING LESSONS*		PUBLIC SWIMMING				AQUA AEROBICS Alison		LADIES ONLY
<b>WED</b>					6.00pm	PUBLIC SWIMMING (See Programme Guidance Notes Below)					9.00pm	10.00pm
					ADULTS ONLY							
<b>THU</b>	4.00pm		5.30pm	5.30pm	6.15pm	6.15pm	7.00pm	7.00pm	PUBLIC SWIMMING			10.00pm
	SWIMMING LESSONS*			PHYSICALLY DISABLED/QUIET SESSION		RESIDENTIAL HOMES						
<b>FRI</b>		4.30pm	SWIMMING LESSONS*				7.00pm	7.00pm	8.00pm			
							PUBLIC SWIMMING					
<b>SAT</b>	9.00am	11.00am	11am	12pm	12pm	1pm	1pm 1.45pm		2.00pm	4.30pm	<b>Join our fantastic value High Life Scheme</b> Pay one low monthly fee and get unlimited use of all Leisure Centre run activities.  Excellent value at only <b>£20.00</b> for individual membership or <b>£30.00</b> for a family membership	
	SWIMMING LESSONS*		SENIOR SESSION		PUBLIC SWIMMING		FUN SESSION		PUBLIC SWIMMING (Happy Hour 3.30pm-4.30pm)			
<b>SUN</b>	9.00am	11.00am	11am	12pm	12pm	1pm	1pm 1.45pm		2.00pm	4.30pm		
	SWIMMING LESSONS*		ADULT SESSION		PUBLIC SWIMMING		FUN SESSION		PUBLIC SWIMMING (Happy Hour 2pm-3pm)			

### Programme Guidance Notes

**Public Swim** (Monday 6-8pm) there will be 2 lanes used by the Swim club.

(Wednesday 6-7pm) there will be 1 lane used by the swim club.

**Fun session** – Designed for families under 14's only (no un-accompanied adults or children) mats/toys will be out for the kids.

**Happy Hour** – Activity £1 per person during the times stated.

**Adults only** – over 16 years only

**Swimming lessons** \* - Child lessons, contact reception for further details.

*Last admission 30 minutes before end of last session.*

**For the Latest Updates find us on**  
[facebook.com/CullodenLeisureCentre](https://www.facebook.com/CullodenLeisureCentre)

*For any enquires regarding swimming lessons, hall hire etc.  
 please email [culloden.leisure@highlifehighland.com](mailto:culloden.leisure@highlifehighland.com)*

<b>MON</b>	Badminton coaching* 6-9.30pm	Circuits 6-6.45pm Charlie	Yoga 6.30 – 8pm Russell	Karate* 7-8pm	Zumba 8.15-9.15pm Waleska		
<b>TUE</b>	Basketball* (P4-P7) 6-7pm	Basketball* (S1-S3) 7-8pm	Fencing* 7-9.30pm				
<b>WED</b>	Trampoline* 5.15-6pm	Trampoline* 6.00-6.45pm	Meta fit 6.10-6.40pm Jess	Core Blast 6.45-7.15pm Jess	Indoor Cycling 7.20-8.05pm Laura	Body Balance 8.15-9.15pm Laura	
<b>THU</b>	Metafit 6.30-7.00pm Keri	Core Work 7.00-7.30pm Keri	Indoor Cycling 7.30-8.15pm Keri				
<b>FRI</b>	Gymnastics* (Beg) 5.45-6.30pm	Football* (P1-P2) 6-6.45pm	Gymnastics* (Imp) 6.30-7.30pm	Football* (P3-P4) 6.45-7.30pm	Gymnastics* (Beg) 7.30-8.15pm	Football* (P5-P7) 7.30-8.30pm	Gymnastics* (Imp) 8.15-9.15pm
<b>SAT</b>	Gymnastics* (Beg) 9-9.45am	Gymnastics* (Imp) 9.45-10.45am	Gymnastics* (Beg) 10.45-1130am	Gymnastics* (Imp) 1130-1230pm			
<b>SUN</b>	Power Hoops 9.30-10am Margaret	Core Work 10-10.30am Margaret					

**All Classes are included as part of the High Life scheme**

Fitness Suite available for bookings: Mon – Thur, 6pm- 10pm, Fri 6-8pm & Sat – Sun, 9-4pm – Fitness Suite Induction is required, please ask at reception.

**Zumba:** This Latin-inspired, calorie-burning dance party is exhilarating.

**Metafit:** 30 minute bodyweight training revolution. A high intensity interval class.

**Body balance:** Low impact total body toning.

**CX Worx:** 30 minute core focused workout using resistance tubes and body weight

**Indoor Cycling:** Stationary cycle class designed to build strength and endurance.

**P90X:** Sweat-inducing, muscle-pumping exercises designed to transform your body.

**Powerhoop:** Fun class that uses weighted hula hoops to shape and tone.

**\*Enquire at reception for more information on non-fitness classes.**