



Dingwall Leisure Centre

Festive Time Class List

Friday 27th December

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|---------------|-------------------|
| 07:00-07.45am | Indoor Cycling |
| 08.30-9.15am | Kettlebells |
| 09.45-10.45am | Body Balance |
| 12:15-1:00pm | Dynamic Wellbeing |

Saturday 28th December

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| 8:15-9:00am | Indoor Cycling |
| 9:15-10:00am | Indoor Cycling |
| 10:15-11:15 | Body Pump |

Sunday 29th December

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| 9:15-10:00am | HIITNRIDE |
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Monday 30th December

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|---------------|-------------------|
| 07:00-07.45am | Indoor Cycling |
| 09.30-10.30am | Body Pump |
| 10.30:12:00pm | Teen Gym |
| 11:00-11:45am | Body Conditioning |
| 12:15-12:45pm | Metafit |
| 1:00-2:00pm | My Kind of Yoga |