

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
Skill X Power	06:00-07:00	LTT-Gym	Skill X Agility	06:00-07:00	LTT-Gym	Skill X Speed	06:00-07:00	LTT-Gym	Skill X Power	06:00-07:00	LTT-Gym	Skill X Agility	06:00-07:00	LTT-Gym	Indoor Cycling ***	08:15-08:45	S3
Body Pump **	06:45-07:30	S3	Indoor Cycling***	06:45-07:30	S3	Circuits***	06:45-07:30	S3	Indoor Cycling***	06:45-07:30	S3	Indoor Cycling***	06:45-07:30	S3	Yoga Level 1*	08:15-09:15	S1
Sculpt & Tone**	09:15-10:00	S1	Aqua Aerobics *	08:15-09:00	CP	Aqua Zumba*	08:15-09:00	CP	Body Combat ***	09:30-10:15	S1	Body Attack***	06:45-07:30	S1	Body Pump **	09:00-09:45	S3
Body Pump **	09:30-10:20	S3	BodyCombat ***	09:20-10:05	S1	Body Pump **	09:30-10:30	S3	Beginners Indoor Cycling *	09:30-10:15	S3	Body Pump **	09:30-10:30	S3	Skill X Stamina	09:00-10:00	LTT-Gym
50+ Fitness Session*	10:00-10:45	SH1	Body Step ***	09:25-10:10	S3	Piyo (in) **	09:15-10:00	S1	Cardiac Rehab Class	10:00-12:00	Gym	Cardiac Rehab Class	10:00-12:00	S1	Yoga Level 2*	09:25-10:25	S1
PiYo(b) *	10:10-10:50	S1	Olympic Weightlifting **	09:00-11:00	S&C	50+ Fitness Session*	10:00-10:45	SH1 3&4	Kettlebells **	10:20-11:05	S1	Female Weight Lifting*	11:00-12:00	S&C	Metafit ***	09:45-10:15	S2
Abs Attack *	10:30-11:00	S3	Pilates *	10:00-11:00	S2	Skill X Stamina	10:15-11:00	LTT-Gym	Indoor Cycling ***	10:30-11:00	S3	50+ Fitness Session*	10:15-11:00	SH1	Kids Karate *	10:00-11:00	S3
Bums & Tums	10:55-11:20	SH1	Kettlebells **	10:10-10:55	S1	Body Attack ***	10:40-11:10	S3	Body Balance *	11:15-12:00	S3	Body Attack ***	10:40-11:25	S3	Body Combat ***	10:35-11:25	S1
Tai Chi (i) *	11:00-12:00	S1	Ultimate Abs *	10:20-10:50	S3	Dynamic Wellbeing L2	11:10-12:10	SH1 3&4	Strap & Strength **	11:15-12:00	S1	PiYo (ad)***	11:10-12:00	SH1A 3&4	Karate **	11:00-12:30	S3
Dynamic Wellbeing L1	11:10-12:00	S2	Aerobics *	11:00-11:40	S1	Easyline *	11:15-12:00	S3	Indoor Cycling***	12:30-13:15	S3	Bums & Tums *	11:35-12:05	S3	Body Balance *	11:30-12:15	S1
Easyline *	11:30-12:10	SH1 3&4	Pilates *	11:10-12:10	S2	Abs Attack *	11:20-11:50	S1	Dynamic Wellbeing, L2	12:45-13:35	S1	Skill X Stamina	12:15-13:15	(LTT-Gym)			
Indoor Cycling ***	11:15-12:00	S3	Indoor Cycling ***	11:00-11:45	S3	Circuits ***	12:10-12:55	S & C	Otago *	13:45-15:00	S1	Beginners Weightlifting	12:30-13:30	S&C			
Beginner Weightlifting	12:30-13:30	S&C	Functional Weightlifting**	11:00-12:00	S&C	Zumba *	12:15-13:00	S1	Cancer Rehab	13:30-14:30	LTT-Gym	Indoor Cycling***	12:30-13:15	S3			
Strap & Stretch **	12:15-12:55	S1	Highland Hustle	11:45-12:20	S1	Indoor Cycling ***	12:30-13:00	S3	Qi Gong *	13:30-14:30	S2	Line Dancing (I) *	13:40-14:50	S1			
Qi Gong	12:15-13:15	S2	Stretch & Flow *	12:20-13:05	S2	Parkinson's Plus *	12:45-13:40	SH1 3&4	Tai Chi *	14:40-15:40	S2	Ultimate Abs *	17:00-17:30	S3			
Skill X Speed	12:15-13:15	(LTT-Gym)	Line Dancing (B) *	12:30-13:30	S1	Stretching Session*	13:10-13:40	S3	Escape Pain Course	15:00-16:15	S1	Grit Cardio ***	17:35-18:05	S3			
Zumba *	12:20-13:10	S3	Cancer Rehab	13:30-14:30	S3	Line Dancing (I+) *	13:30-14:30	S1	Body Attack ***	17:10-17:50	S3	Body Pump **	18:15-19:00	S3			
Parkinsons*	13:10-13:50	S1	Dynamic Wellbeing L2	13:45-14:45	S1	Parkinsons*	13:50-14:45	S3	Strong Nation ***	18:00-18:40	S1	Female Weightlifting*	19:00-20:00	(LTT-Gym)			
Otago *	15:10-16:25	S1	Escape Pain Course	15:00-16:15	S1	Otago *	14:45-16:00	S1	Body Pump **	18:00-18:50	S3	Body Balance *	19:10-19:50	S3			
Body Balance*	16:45-17:30	S1	Teen Weightlifting *	16:30-17:30	LTT-Gym	Strap & Strength **	16:40-17:10	S1	Kids Karate	18:00-19:00	SH1 1&2						
Youth Olympic Weightlifting	17:00-18:00	S&C	Strap & Tone **	16:45-17:15	S1	Functional Weightlifting	17:00-18:00	LTT-Gym	Escape Pain Course	18:00-19:15	S2						
Bums & Tums*	17:30-18:00	S2	Body Attack ***	17:10-17:50	S3	Youth Olympic Weightlifting	17:00-18:00	S&C	Dance Fit *	19:00-19:45	S1						
Grit Cardio ***	17:30-18:00	S3	Kettlebells **	17:20-18:00	S1	Beginners Olympic W/L	18:00-19:00	S&C	Indoor Cycling ***	19:00-19:45	S3						
Fitness Pilates*	17:30-18:00	S1	Body Pump **	18:00-18:50	S3	Pilates*	17:00-17:45	S3	Skill X Speed	19:00-20:00	LTT-Gym						
Body Combat ***	18:05-18:50	S3	Body Step ***	18:10-18:50	S1	Abs Attack*	17:15-17:45	S1	Karate **	19:00-20:30	SH1 1&2						
Functional Weightlifting**	18:00-19:00	LTT-Gym	Body Balance *	19:00-19:45	S1	Kettlercise**	17:50-18:30	S1	Body Balance *	20:00-20:45	S1						
Kettlercise**	18:20-18:55	S1	Escape Pain Course	18:30-19:45	S2	Body Step***	17:50-18:35	S3									
Metafit ***	18:15-18:45	S2	Indoor Cycling ***	19:00-19:45	S3	Bums & Tums*	18:45-19:15	S1									
Body Balance *	19:00-19:55	S1	Metafit ***	19:55-20:25	S3	Indoor Cycling***	18:45-19:30	S3									
Olympic Weightlifting**	19:00-21:00	S&C	Skill X Power	19:00-20:00	LTT-Gym	Circuits ***	19:15 - 20:00	SH1 1& 2									
Skill X Stamina	19:00-20:00	(LTT-Gym)	Line Dancing (In)*	20:00-20:50	S1	Olympic Weightlifting**	19:00-21:00	S&C									
Body Pump **	19:00-19:50	S3	Line Dancing (Ad)*	20:50-21:40	S1	Body Balance *	19:30-20:15	S1									
Line Dancing (B) *	20:00-20:45	S1				Body Pump **	19:40- 20:25	S3									
Indoor Cycling ***	20:00-20:45	S3															
Aqua Aerobics *	20:15-21:00	CP															

SUNDAY

Indoor Cycling ***	09:15-10:00	S3
Skill X Power	09:00-10:00	LTT- Gym
Grit ***	10:15-10:45	S3
Body Pump **	11:00-11:45	S3
Body Balance *	12:00-12:50	S1

Running from 1st July 2024



- S1: Studio 1**
- S2: Studio 2**
- S3: Studio 3**
- SH1: Sports Hall 1**
- CP - Competition Pool
- DS - Dryside Locker Area
- S&C - Strength and Conditioning Room
- ACP - Astro Car Park
- LTT- Love To Train Room

BOOKING POLICY:
 Booking for classes can be made up to 7 days in advance at reception, through the kiosks or online at www.invernessleisure.co.uk/activities/onlinebookings

CANCELLATION POLICY:
 Please notify us of any cancellations as soon as possible prior to the class starting.

DISHONOURMENT POLICY:

Mind/Body	Indoor Cycling	Cardio	Core	Resistance	You Time Gentle
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3 Star Table
 * Easy
 ** Moderate
 *** Hard
 All Classes can be Adapted
 to suit All levels of Fitness

**Be aware that Studio 3 contains strobe lighting effects.
 If you have epilepsy or other light sensitive conditions,
 please make the instructor aware before the class starts.
 They are able to set the system to accommodate for this
 so that it does not impact on your enjoyment**