

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 *	09:45-10:30	CP	Aqua Zumba*	10:15-11:00	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 **	09:30-10:20	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	Step & Sculpt **	09:30-10:10	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	HIIT Spin ***	10:30-11:00	S3	Body Balance *	11:15-12:00	S1	Body Attack ***	10:40-11:25	S3	Body Combat ***	10:35-11:25	S1
Tai Chi (I) *	11:00-12:00	S1	Core Conditioning *	10:20-10:05	S3	Dynamic Wellbeing L2	11:10-12:10	SH1 3&4	Dynamic Wellbeing, L2	14:10-15:00	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	Otago *	12:45-14:00	S1	Bums & Tums *	11:35-12:05	S3	Body Balance *	11:30-12:15	S1
Easyline *	11:30-12:10	SH1 3&4	Indoor Cycling ***	11:00-11:45	S3	Body Balance *	11:15-12:00	S1	Cancer Rehab	09:00-10:00	LTT-Gym	Dance UR-SEL-FIT *	12:15-13:00	S1			
Indoor Cycling ***	11:15-12:00	S3	Functional Weightlifting**	11:00-12:00	S&C	Circuits ***	12:10-12:55	S & C	Qigong *	13:30-14:30	S3	Skill X Stamina	12:15-13:15	(LTT-Gym			
Beginner Weightlifting	12:30-13:30	S&C	Pilates *	11:10-12:10	S2	Zumba *	12:15-13:00	S1	Tai Chi *	14:40-15:40	S3	Beginners Weightlifting	12:30-13:30	S&C			
Strap & Stretch **	12:15-12:55	S1	Highland Hustle	11:45-12:20	S1	Indoor Cycling ***	12:30-13:00	S3	Escape Pain Course	15:00-16:15	S1	Indoor Cycling***	12:30-13:15	S3			
Qigong	12:15-13:15	S2	Stretch & Flow *	12:20-13:05	S2	Improver Weightlifting	12:30-13:30	LTT-Gym	Body Attack ***	17:10-17:50	S3	Line Dancing (I) *	13:15-14:30	S1			
Skill X Speed	12:15-13:15	(LTT-Gym	Line Dancing (B) *	12:30-13:30	S1	Parkinson`s Plus*	12:45-13:40	SH1 3&4	Strong Nation ***	18:00-18:40	S1	Pilates*	17:00-17:45	S3			
Zumba *	12:20-13:10	S3	Improver Weightlifting	12:30-13:30	S&C	Stretching Session*	13:10-13:40	S3	Body Pump **	18:00-18:50	S3	Body Pump**	18:00-18:45	S3			
Parkinsons*	13:10-13:50	S1	Cancer Rehab	10:30-11:30	LTT-Gym	Line Dancing (I+)*	13:30-14:30	S1	Kids Karate	18:00-19:00	SH1 1&2	Body Balance*	19:00-19:45	S3			
Otago *	14:00-15:15	S1	Dynamic Wellbeing L2	13:45-14:45	S1	Parkinsons*	13:50-14:45	S3	Escape Pain Course	18:00-19:15	S2	Female Weightlifting*	19:00-20:00	(LTT-Gym			
Cardiac Rehab Class	15:25-17:25	S1	Escape Pain Course	15:00-16:15	S1	Otago *	14:45-16:00	S1	Dance Fit *	19:00-19:45	S1						
Body Balance*	16:45-17:30	S2	Teen Weightlifting *	16:30-17:30	S&C	Strap & Strength **	16:40-17:10	S1	Indoor Cycling ***	19:00-19:45	S3						
Youth Olympic Weightlifting	17:00-18:00	S&C	Body Attack ***	17:10-17:50	S3	Functional Weightlifting	17:00-18:00	LTT-Gym	Skill X Speed	19:00-20:00	LTT-Gym						
Bums & Tums*	17:40-18:10	S2	Kettlebells **	17:30-18:00	S1	Youth Olympic Weightlifting	17:00-18:00	S&C	Karate **	19:00-20:30	SH1 1&2						
Grit Cardio ***	17:30-18:00	S3	Body Pump **	18:00-18:50	S3	Beginners Olympic W/L	18:00-19:00	S&C	Body Balance *	20:00-21:00	S1						
Abs Attack*	17:40-18:05	S1	Body Step ***	18:10-18:50	S1	Pilates*	17:00-17:45	S3									
Body Combat ***	18:05-18:50	S3	Body Balance *	19:00-19:45	S1	Metafit ***	17:15-17:45	S1									
Functional Weightlifting	18:00-19:00	S&C	Escape Pain Course	18:30-19:45	S2	Kettlercise**	17:50-18:30	S1									
Kettlebell Step **	18:20-18:50	S1	Indoor Cycling ***	19:00-19:45	S3	Body Step ***	17:50-18:35	S3									
Metafit ***	18:15-18:45	S2	Metafit ***	19:55-20:25	S3	Bums & Tums*	18:45-19:15	S1									
Body Balance*	19:00-19:50	S1	Skill X Power	19:00-20:00	LTT-Gym	Indoor Cycling ***	18:45-19:30	S3									
Olympic Weightlifting**	19:00-21:00	S&C	Tai Chi *	20:00-21:00	S2	Bootcamp Circuits ***	19:15-20:00	SH1 1&2									
Body Pump**	19:00-19:50	S3	Line Dancing (Im)*	20:00-20:50	S1	Female Weightlifting*	19:00-20:00	LTT-Gym									
Skill X Stamina	20:00-21:00	LTT-Gym	Line Dancing (Ad)*	20:50-21:40	S1	Olympic Weightlifting**	19:00-21:00	S&C									
Line Dancing (B)*	20:00-21:00	S1				Body Balance*	19:30-20:15	S1									
Indoor Cycling***	20:00-20:45	S3				Body Pump **	19:40-20:25	S3									
Aqua Aerobics*	20:15-21:00	CP															

Running from 28th October 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](http://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:**

*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*



