MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
Body Pump **	06:45-07:30	S1	Indoor Cycling	06:45-07:30	SH1A 3&4	Circuits ***	06:45-07:30	S1	Indoor Cycling	06:45-07:15	S1	RPM***	06:45-07:30	SH1A 3&4	Indoor Cycling***	09:00-09:30	SH1A 3&4
Skill X Power	07.00-08.00	Gym	Skill X Agility	06:00-07:00	Gym	Skill X Speed	07.00-08.00	Gym	Skill X Power	06:00-07:00	Gym	Body Attack***	06:45-07:30	S1	Yoga Level 1*	08:15-09:15	S1
Senior Cycle *	09:15-09:45	SH1A 3&4	BodyCombat ***	09:25-10:10	SH2	Body Pump **	09:30-10:30	S1	Sculpt & Tone**	09:30-10:15	S1	Skill X Agility	07.00-08.00	Gym	Yoga Level 2*	09:25-10:25	S1
Sculpt & Tone**	09:30-10:15	SH2	Skill X Power	09.30-10.30	Gym	Piyo (in) **	09:15-10:00	SH1A 3&4	Beginners Indoor Cycling*	09:30-10:15	SH1A 3&4	Body Pump **	09:30-10:30	S1	Metafit ***	09:45-10:15	LDL
Body Pump **	09:40-10:30	S1	Body Step ***	09:30-10:15	S1	Aqua Aerobics *	09:45-10:30	CP	Skill X Speed	09.30-10.15	Gym	Skill X Power	09.30-10.30	Gym	Skill X Stamina	10.00-11.00	Gym
50+ Fitness Session*	10:15-11:00	SH1 A	Olympic Weightlifting **	10:00-12:00	S&C	50+ Fitness Session*	10:15-11:00	SH1A 3&4	Kettlebells **	10:20-11:05	S1	Female Weight Lifting*	10:00-11:00	S&C	Kids Karate *	10:00-11:00	SH2
PiYo(b) *	10:25-11:15	SH2	Aqua Aerobics *	09:45-10:30	CP	Skill X Stamina	10.15-11.00	Gym	Skill X Agility	10.30-11.30	Gym	Female Weight Lifting*	11:10-12:10	S&C	Body Combat ***	10:35-11:25	S1
Core X Fit **	10:40-11:10	LDL	Pilates *	10:00-11:00	LDL	Body Attack ***	10:40-11:25	S1	Indoor Cycling ***	10:30-11:00	SH1A 3&4	50+ Fitness Session*	10:15-11:00	SH1A 3&4	Karate **	11:00-12:30	SH2
Tai Chi (i) *	11:00-12:00	S1	Kettlebells **	10:15-11:00	SH2	Easyline *	11:15-12:00	SH1A 3&4	Body Balance *	11:15-12:00	LDL	Body Attack ***	10:40-11:25	S1	Skill X Power	14.30-15.30	Gym
Easyline *	11:25-12:05	SH2	Ultimate Abs *	10:25-10:55	S1	Metafit***	11:15-11:45	LDL	STX **	11:15-12:00	S1	PiYo (ad)***	11:10-12:00	SH1A 3&4	Body Pump **	11:35-12:20	S1
Bums and Tums*	11:40-12:10	LDL	Aerobics *	11:00-11:45	S1	Ultimate Abs *	11:35-12:05	S1	Indoor Cycling***	12:15-13:00	SH1A 3&4	Bums & Tums *	11:35-12:05	S1	Body Balance *	12:30-13:15	S1
Indoor Cycling ***	11:20-12:05	SH1A 3&4	Pilates *	11:10-12:10	LDL	Circuits ***	12:10-12:55	SH1A 3&4	Otago *	12:50-14:00	S1	Skill X Stamina	12.15-13.15	Gym			
STX **	12:15-13:00	S1	Indoor Cycling ***	11:10-11:55	SH1A 3&4	Skill X Speed	12:00-13:00	Gym	Escape Pain Stage 2	14:00-15:00	S1	Indoor Cycling ***	12:30-13:15	SH1A 3&4	**SUNDAY**		
Qigong	12:15-13:15	SH2	Functional Weighlifting**	12:00-13:00	S&C	Zumba *	12:15-13:00	S1	Body Attack ***	17:10-17:50	S1	Line Dancing	12:30-13:40	S1	Indoor Cycling ***	09:30-10:15	SH1A 3&4
Skill X Speed	12.15-13.15	Gym	Highland Hustle**	12:00-12:45	SH1 5&6	Stretching Session*	13:10-13:40	LDL	Body Pump **	18:00-18:50	S1	Ultimate Abs *	17:00-17:30	S1	Skill X Power	10.00-11.00	Gym
Zumba *	12:20-13:10	SH1A 3&4	Unite *	12:20-13:05	S1	Senior light-hearted *	13:15-13:45	SH1A 3&4	Fatburn Extreme ***	18:15-18:45	SH1A 3&4	STRONG Nation **	17:30-18:00	LDL	HIIT Fitness***	10:30-11:00	S1
Parkinsons*	13:30-14:30	S1	Beginners Weightlifting*	13:00-14:00	S&C	Line Dancing (i) *	13:15-14:20	S1	Kids Karate	18:00-19:00	SH1 7&8	Metafit ***	17:35-18:05	S1	Body Pump **	11:10-11:55	S1
Otago *	15:00-16:15	S1	Line Dancing (B) *	13:30-14:40	S1	Parkinsons*	14:00-15:00	SH1A3&4	Jog Scotland **	18:45-19:45	ACP	Indoor Cycling ***	18:15-18:45	S1	Body Balance *	12:05-12:50	S1
Macmillan Move More	15:15-16:15	SH1A 3&4	Teen Weightlifting*	16:30-17:30	LTT	Otago *	14:30-15:45	S1	Kettlebells **	19:00-19:45	S1	Body Pump **	19:00-20:00	S1	Skill X Speed	14.30-15.30	Gym
Pilates *	16:30-17:15	LDL	Stretch n Tone **	16:45-17:15	SH1A 3&4	STX ***	16:40-17:10	S1	Indoor Cycling ***	19:00-19:45	SH1A 3&4	Skill X Agility	19.00-20.00	Gym			
Body Attack ***	17:00-17:50	S1	Body Attack ***	17:10-17:50	S1	Beginners Weightlifting*	17:00-18:00	LTT	Skill X Speed	19.00-20.00	Gym						
Pilates *	17:30-18:15	LDL	Kettlebells **	17:20-18:00	SH1 3&4	CoreX ***	17:15-17:45	S1	Karate **	19:00-20:30	SH1 7&8						
Body Combat ***	18:00-18:50	S1	Functional Weighlifting**	17:30-18:30	LTT	Kettlercise**	17:30-18:15	LDL	Ultimate Abs *	19:55-20:25	LDL						
Youth Olympic Weightlift	18:15-19:00	SH1A 1&2	Body Pump **	18:00-18:50	S1	Body Step ***	17:50-18:35	S1	Body Balance *	20:00-20:45	S1						
Kettlercise**	18:20-18:55	LDL	Body Step ***	18:10-18:50	SH1A 3&4	Teen Weighlifting*	18:00-19:00	LTT									
Body Pump **	19:00-19:50	S1	Circuits ***	18:15-19:00	SH1 1&2	Ultimate Abs *	18:45-19:15	SH1A3&4									
Body Balance *	19:00-19:55	SH1A 3&4	Jog Scotland **	18:45-19:45	ACP	BodyCombat ***	18:45-19:30	S1									
Olympic Weightlifting **	19:00-21:00	S&C	Body Balance *	19:00-19:45	S1	Olympic Weightlifting **	19:00-21:00	S&C									
Skill X Stamina	19.00-20.00	Gym	Indoor Cycling ***	19:00-19:45	SH1A 3&4	RPM***	19:25-20:10	SH1A3&4									
Metafit ***	20:00-20:30	S1	Metafit ***	19:55-20:25	SH1A 1&2	Body Pump **	19:40-20:25	S1									
Indoor Cycling ***	20:05-20:50	SH1A 3&4	Skill X Power	19:00-20:00	Gym	Body Balance *	20:30-21:15	S1									
Aqua Aerobics *	20:15-21:00	CP	Line Dancing (In)*	20.00-20.50	S1												
			Line Dancing (Ad)*	20.50-21.40	S1												

Cardio	Resistance	Indoor Cycling	Mind/Body	Core	Youtime - Gentle	Skill X

	Courts
SH1A	1,2,3,4
SH1B	5,6,7,8
SH1A 1&2	1 &2
SH1A 3&4	3&4
SH1B 5&6	5&6
SH1B 7&8	7&8

Updated: May 2022

S1: Studio 1
SH1/SH2 - Sports Hall 1 or Sports Hall 2
LDL - Lower Deck Lounge (by pool)
CBR - Colin Baillie Room (by gym)
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.