

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

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

	Courts	
SH1A	1,2,3,4	
SH1B	5,6,7,8	
SH1A 1&2	1 &2	3 Star Table
SH1A 3&4	3&4	* Easy
SH1B 5&6	5&6	** Moderate
SH1B 7&8	7&8	*** Hard
		All Classes can be Adapted to suit All levels of Fitness

Updated: September 2023



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.