

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
Sculpt & Tone**	09:15-10:00	S1	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
Body Pump **	09:40-10:30	S3	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
50+ Fitness Session*	10:00-10:45	SH1 3&4	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
PiYo(b) *	10:10-10:50	S1	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
Core X Fit **	10:40-11:10	S3	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
Bums & Tums	10:55-11:20	SH1	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
Tai Chi (i) *	11:00-12:00	S1	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
Easyline *	11:30-12:10	SH1 3&4	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
Dynamic Wellbeing L1	11:10-12:00	S2	Pilates *	11:10-12:10	S2	Circuits ***	12:10-12:55	S & C	Dynamic Wellbeing, L2	12:45-13:35	S1	Skill X Stamina	12:15-13:15	Gym			
Indoor Cycling ***	11:20-12:05	S3	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			
B Weightlifting	12:30-13:30	S&C	Functional Weightlifting**	12:00-13:00	S&C	Indoor Cycling ***	12:30-13:00	S3	Chi Kung *	13:30-14:30	S3	Indoor Cycling***	12:30-13:15	S3			
STX **	12:15-13:00	S1	Highland Hustle	12:00-12:45	S3	Parkinson's Plus *	12:45-13:40	S2	Tai Chi *	14:40-15:40	S3	Line Dancing	13:40-14:50	S1			
Qigong	12:15-13:15	S2	Unite *	12:20-13:05	S2	Stretching Session*	13:10-13:40	S3	Body Attack ***	17:10-17:50	S1	Ultimate Abs *	17:00-17:30	S1			
Skill X Speed	12:15-13:15	Gym	Line Dancing (B) *	12:30-13:30	S1	Line Dancing (i) *	13:15-14:15	S1	Strong Nation ***	18:00-18:40	S1	Metafit ***	17:35-18:05	S3			
Zumba *	12:20-13:10	S3	Dynamic Wellbeing L2	13:45-14:45	S1	Parkinsons*	13:50-14:45	S3	Body Pump **	18:00-18:50	S3	HIITNRIDE***	18:15-18:45	S3			
Parkinsons*	13:10-13:50	S1	Teen Weightlifting*	16:30-17:30	LTT	Otago *	14:30-15:45	S1	Kids Karate	18:00-19:00	SH1 1&2	Body Pump **	19:00-19:45	S3			
Escape Pain Course	14:00-15:00	S1	Stretch n Tone **	16:45-17:15	S1	STX ***	16:40-17:10	S1	Kettlebells **	19:00-19:45	S1	Skill X Agility	19:00-20:00	Gym			
Otago *	15:10-16:25	S1	Body Attack ***	17:10-17:50	S3	Functional Weightlifting	17:00-18:00	LTT	Indoor Cycling ***	19:00-19:45	S3	Body Balance *	20:00-20:40	S1			
Body Balance*	16:45-17:30	S1	Kettlebells **	17:20-18:00	S1	Youth Olympic Weightlifting	17:00-18:00	LTT	Skill X Speed	19:00-20:00	Gym						
Youth Olympic Weightlifting	17:00-18:00	S&C	Body Pump **	18:00-18:50	S3	Beginners Olympic W/L	18:00-19:00	S & C	Karate **	19:00-20:30	SH1 1&2						
HIIT STEP***	17:20-17:50	S3	Body Step ***	18:10-18:50	S1	Core X Fit **	17:15-17:45	S1	Ultimate Abs *	19:55-20:25	S2						
Fitness Pilates*	17:30-18:15	S1	Body Balance *	19:00-19:45	S1	Kettlercise**	17:50-18:30	S1	Body Balance *	20:00-20:45	S1						
Body Combat ***	18:00-18:50	S3	Indoor Cycling ***	19:00-19:45	S3	Body Step ***	17:50-18:35	S3									
Functional Weightlifting**	18:00-19:00	LTT	Metafit ***	19:55-20:25	S3	Bums & Tums*	18:45-19:15	S1									
Kettlercise**	18:20-18:55	S1	Skill X Power	19:00-20:00	Gym	Olympic Weightlifting **	19:00-21:00	S&C									
Body Pump **	19:00-19:50	S3	Line Dancing (In)*	20:00-20:50	S1	Indoor Cycling***	18:45-19:30	S3									
Body Balance *	19:00-19:55	S1	Line Dancing (Ad)*	20:50-21:40	S1	Body Balance*	19:30-20:15	S1									
Olympic Weightlifting **	19:00-21:00	S&C				Body Pump **	19:40-20:25	S3									
Skill X Stamina	19:00-20:00	G Gym															
Metafit ***	20:00-20:30	S2															
Line Dancing (B) *	20:00-20:45	S1															
Indoor Cycling ***	20:00-20:45	S3															
Aqua Aerobics *	20:15-21:00	CP															

Updated: January 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.

Cardio	Indoor Cycling	Mind/ Body	Core	You Time	Gentle
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Courts	3 Star Table
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

* Easy
 ** Moderate
 *** Hard
 All Classes can be Adapted to suit All levels of Fitness