

MONDAY

| | | |
|-----------------------------|-------------|---------|
| Skill X Power | 06:00-07:00 | LTT |
| Body Pump ** | 06:45-07:30 | S3 |
| Sculpt & Tone** | 09:15-10:00 | S1 |
| Body Pump ** | 09:40-10:30 | S3 |
| 50+ Fitness Session* | 10:00-10:45 | SH1 |
| PiYo(b) * | 10:10-10:50 | S1 |
| Core X Fit ** | 10:40-11:10 | S3 |
| Bums & Tums | 10:55-11:20 | SH1 |
| Tai Chi (i) * | 11:00-12:00 | S1 |
| Dynamic Wellbeing L1 | 11:10-12:00 | S2 |
| Easyline * | 11:30-12:10 | SH1 3&4 |
| Indoor Cycling *** | 11:20-12:05 | S3 |
| B Weightlifting | 12:30-13:30 | S&C |
| STX ** | 12:15-13:00 | S1 |
| Qigong | 12:15-13:15 | S2 |
| Skill X Speed | 12:15-13:15 | LTT |
| Zumba * | 12:20-13:10 | S3 |
| Parkinsons* | 13:10-13:50 | S1 |
| Escape Pain Course | 14:00-15:00 | S1 |
| Otago * | 15:10-16:25 | S1 |
| Body Balance* | 16:45-17:30 | S1 |
| Youth Olympic Weightlifting | 17:00-18:00 | S&C |
| Bums & Tums* | 17:30-18:00 | S3 |
| Fitness Pilates* | 17:30-18:15 | S1 |
| Body Combat *** | 18:00-18:50 | S3 |
| Functional Weighlifting** | 18:00-19:00 | LTT |
| Kettlercise** | 18:20-18:55 | S1 |
| Metafit *** | 18:15-18:45 | S2 |
| Body Balance * | 19:00-19:55 | S1 |
| Olympic Weightlifting ** | 19:00-21:00 | S&C |
| Skill X Stamina | 19:00-20:00 | LTT |
| Body Pump ** | 19:00-19:50 | S3 |
| Line Dancing (B) * | 20:00-20:45 | S1 |
| Indoor Cycling *** | 20:00-20:45 | S3 |
| Aqua Aerobics * | 20:15-21:00 | CP |

TUESDAY

| | | |
|---------------------------|-------------|-----|
| Skill X Agility | 06:00-07:00 | LTT |
| Indoor Cycling*** | 06:45-07:30 | S3 |
| Aqua Aerobics * | 09:45-10:30 | CP |
| BodyCombat *** | 09:20-10:05 | S1 |
| Body Step *** | 09:25-10:10 | S3 |
| Olympic Weightlifting ** | 10:00-12:00 | S&C |
| Pilates * | 10:00-11:00 | S2 |
| Kettlebells ** | 10:10-10:55 | S1 |
| Ultimate Abs * | 10:20-10:50 | S3 |
| Aerobics * | 11:00-11:40 | S1 |
| Pilates * | 11:10-12:10 | S2 |
| Indoor Cycling *** | 11:00-11:45 | S3 |
| Functional Weighlifting** | 12:00-13:00 | S&C |
| Highland Hustle | 11:45-12:20 | S1 |
| Unite * | 12:20-13:05 | S2 |
| Line Dancing (B) * | 12:30-13:30 | S1 |
| Cancer Rehab | 13:30-14:30 | S3 |
| Dynamic Wellbeing L2 | 13:45-14:45 | S1 |
| Escape Pain Course | 15:00-16:15 | S1 |
| Teen Weightlifting * | 16:30-17:30 | LTT |
| Body Attack *** | 17:10-17:50 | S3 |
| Kettlebells ** | 17:20-18:00 | S1 |
| Body Pump ** | 18:00-18:50 | S3 |
| Body Step *** | 18:10-18:50 | S1 |
| Body Balance * | 19:00-19:45 | S1 |
| Indoor Cycling *** | 19:00-19:45 | S3 |
| Metafit *** | 19:55-20:25 | S3 |
| Skill X Power | 19:00-20:00 | LTT |
| Line Dancing (In)* | 20:00-20:50 | S1 |
| Line Dancing (Ad)* | 20:50-21:40 | S1 |

WEDNESDAY

| | | |
|-----------------------------|-------------|---------|
| Skill X Speed | 06:00-07:00 | LTT |
| Circuits*** | 06:45-07:30 | S3 |
| Aqua Zumba* | 10:15-11:00 | CP |
| Body Pump ** | 09:30-10:30 | S3 |
| Piyo (in) ** | 09:15-10:00 | S1 |
| 50+ Fitness Session* | 10:00-10:45 | SH1 3&4 |
| Skill X Stamina | 10:15-11:00 | LTT |
| Body Attack *** | 10:40-11:25 | S1 |
| Dynamic Wellbeing L2 | 11:10-12:10 | SH1 3&4 |
| Easyline * | 11:15-12:00 | S3 |
| Ultimate Abs * | 11:35-12:05 | S1 |
| Circuits *** | 12:10-12:55 | S & C |
| Zumba * | 12:15-13:00 | S1 |
| Indoor Cycling *** | 12:30-13:00 | S3 |
| Parkinson's Plus * | 12:45-13:40 | SH1 3&4 |
| Stretching Session* | 13:10-13:40 | S3 |
| Line Dancing (I+) * | 13:30-14:30 | S1 |
| Parkinsons* | 13:50-14:45 | S3 |
| Otago * | 14:45-16:00 | S1 |
| STX *** | 16:40-17:10 | S1 |
| Functional Weightlifting | 17:00-18:00 | LTT |
| Youth Olympic Weightlifting | 17:00-18:00 | S&C |
| Beginners Olympic W/L | 18:00-19:00 | S & C |
| Core X Fit ** | 17:15-17:45 | S1 |
| Kettlercise** | 17:50-18:30 | S1 |
| Body Step *** | 17:50-18:35 | S3 |
| Bums & Tums* | 18:45-19:15 | S1 |
| Indoor Cycling*** | 18:45-19:30 | S3 |
| Olympic Weightlifting ** | 19:00-21:00 | S&C |
| Body Balance* | 19:30-20:15 | S1 |
| Body Pump ** | 19:40-20:25 | S3 |

THURSDAY

| | | |
|---------------------------|-------------|---------|
| Skill X Power | 06:00-07:00 | LTT |
| Indoor Cycling*** | 06:45-07:30 | S3 |
| Body Combat *** | 09:30-10:15 | S1 |
| Beginners Indoor Cycling* | 09:30-10:15 | S3 |
| Cardiac Rehab Class | 10:00-12:00 | Gym |
| Kettlebells ** | 10:20-11:05 | S1 |
| Indoor Cycling *** | 10:30-11:00 | S3 |
| Body Balance * | 11:15-12:00 | S3 |
| STX *** | 11:15-12:00 | S1 |
| Indoor Cycling*** | 12:30-13:15 | S3 |
| Dynamic Wellbeing, L2 | 12:45-13:35 | S1 |
| Otago * | 13:45-15:00 | S1 |
| Qigong * | 13:30-14:30 | S2 |
| Tai Chi * | 14:40-15:40 | S2 |
| Escape Pain Course | 15:00-16:15 | S1 |
| Body Attack *** | 17:10-17:50 | S1 |
| Strong Nation *** | 18:00-18:40 | S1 |
| Body Pump ** | 18:00-18:50 | S3 |
| Kids Karate | 18:00-19:00 | SH1 1&2 |
| Dance Fit * | 19:00-19:45 | S1 |
| Indoor Cycling *** | 19:00-19:45 | S3 |
| Skill X Speed | 19:00-20:00 | LTT |
| Karate ** | 19:00-20:30 | SH1 1&2 |
| Body Balance * | 20:00-20:45 | S1 |

FRIDAY

| | | |
|------------------------|-------------|----------|
| Skill X Agility | 06:00-07:00 | LTT |
| Indoor Cycling*** | 06:45-07:30 | S3 |
| Body Attack*** | 06:45-07:30 | S1 |
| Body Pump ** | 09:30-10:30 | S3 |
| Cardiac Rehab Class | 10:00-12:00 | S1 |
| Female Weight Lifting* | 11:00-12:00 | S&C |
| 50+ Fitness Session* | 10:15-11:00 | SH1 |
| Body Attack *** | 10:40-11:25 | S3 |
| PiYo (ad)*** | 11:10-12:00 | SH1A 3&4 |
| Bums & Tums * | 11:35-12:05 | S3 |
| Skill X Stamina | 12:15-13:15 | LTT |
| Escape Pain Course | 12:15-13:30 | S1 |
| B Weightlifting | 12:30-13:30 | S&C |
| Indoor Cycling*** | 12:30-13:15 | S3 |
| Line Dancing (I) * | 13:40-14:50 | S1 |
| Ultimate Abs * | 17:00-17:30 | S1 |
| Grit Cardio *** | 17:35-18:05 | S3 |
| Body Pump ** | 18:15-19:05 | S3 |
| Skill X Agility | 19:00-20:00 | LTT |
| Body Balance * | 19:15-20:00 | S2 |

SATURDAY

| | | |
|--------------------|-------------|-----|
| Indoor Cycling *** | 08:15-08:45 | S3 |
| Yoga Level 1* | 08:15-09:15 | S1 |
| Body Pump ** | 09:00-09:45 | S3 |
| Skill X Stamina | 09:00-10:00 | LTT |
| Yoga Level 2* | 09:25-10:25 | S1 |
| Metafit *** | 09:45-10:15 | S2 |
| Kids Karate * | 10:00-11:00 | SH |
| Body Combat *** | 10:35-11:25 | S1 |
| Karate ** | 11:00-12:30 | SH |
| Body Balance * | 12:30-13:15 | S1 |

SUNDAY

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

Running from 1st April 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:



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

- * Easy
- ** Moderate
- *** Hard

All Classes can be Adapted to suit All levels of Fitness