

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Skill X Power 06:00-07:00 LTT	Skill X Agility 06:00-07:00 LTT	Skill X Speed 06:00-07:00 LTT	Skill X Power 06:00-07:00 LTT	Skill X Agility 06:00-07:00 LTT	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 ** 08:15-10:00 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 ** 09:30-10:30 S3	Beginners Indoor Cycling* 09:30-10:15 S3	Body Pump ** 09:30-10:30 S3	Skill X Stamina 09:00-10:00 LTT
50+ Fitness Session* 10:00-10:45 SH1	Body Step *** 09:25-10:10 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 ** 10:00-12:00 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	Indoor Cycling *** 10:30-11:00 S3	50+ Fitness Session* 10:15-11:00 SH1	Kids Karate * 10:00-11:00 SH
Bums & Tums 10:55-11:20 SH1	Kettlebells ** 10:10-10:55 S1	Body Attack *** 10:40-11:25 S1	Body Balance * 10:40-11:25 S3	Body Attack *** 10:40-11:25 S3	Body Combat *** 10:35-11:25 S1
Tai Chi (f) * 11:00-12:00 S1	Ultimate Abs * 10:20-10:50 S3	Dynamic Wellbeing L2 11:10-12:10 SH1 3&4	STX *** 11:15-12:00 S1	PiYo (ad)*** 11:10-12:00 SH1A 3&4	Karate ** 11:00-12:30 SH
Dynamic Wellbeing L1 11:10-12:00 S2	Aerobics * 11:00-11:40 S1	Easyline * 11:15-12:00 S3	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	Abs Attack * 11:35-12:05 S1	Dynamic Wellbeing, L2 12:45-13:35 S1	Skill X Stamina 12:15-13:15 LTT	
Indoor Cycling *** 11:15-12:00 S3	Indoor Cycling *** 11:00-11:45 S3	Circuits *** 12:10-12:55 S & C	Otago * 13:45-15:00 S1	Escape Pain Course 12:15-13:30 S1	
B Weightlifting 12:30-13:30 S&C	Functional Weightlifting** 12:00-13:00 S&C	Zumba * 12:15-13:00 S1	Cancer Rehab 13:30-14:30 LTT	B Weightlifting 12:30-13:30 S&C	
STX ** 12:15-13:00 S1	Highland Hustle 11:45-12:20 S1	Indoor Cycling *** 12:30-13:00 S3	Qigong * 13:30-14:30 S2	Indoor Cycling *** 12:30-13:15 S3	
Qigong 12:15-13:15 S2	Unite * 12:20-13:05 S2	Parkinson's Plus * 12:45-13:40 SH1 3&4	Tai Chi * 14:40-15:40 S2	Line Dancing (f) * 13:40-14:50 S1	
Skill X Speed 12:15-13:15 CLTT	Line Dancing (B) * 12:30-13:30 S1	Stretching Session* 13:10-13:40 S3	Escape Pain Course 15:00-16:15 S1	Ultimate Abs * 17:00-17:30 S1	
Zumba * 12:20-13:10 S3	Cancer Rehab 13:30-14:30 S3	Line Dancing (f) * 13:30-14:30 S1	Body Attack *** 17:10-17:50 S1	Grit Cardio *** 17:35-18:05 S3	Dance Fit * 09:00-09:45 S1
Parkinsons* 13:10-13:50 S1	Dynamic Wellbeing L2 13:45-14:45 S1	Parkinsons * 13:50-14:45 S3	Strong Nation *** 18:00-18:40 S1	Body Pump ** 18:15-19:00 S3	Indoor Cycling *** 09:15-10:00 S3
Escape Pain Course 14:00-15:00 S1	Escape Pain Course 15:00-16:15 S1	Otago * 14:45-16:00 S1	Body Pump ** 18:00-18:50 S3	Skill X Agility 19:00-20:00 LTT	Skill X Power 09:00-10:00 LTT
Otago * 15:10-16:25 S1	Teen Weightlifting ** 16:30-17:30 LTT	STX *** 16:40-17:10 S1	Kids Karate 18:00-19:00 SH1 1&2	Body Balance * 19:10-19:50 S2	Grit *** 10:15-10:45 S3
Body Balance * 16:45-17:30 S1	Body Attack *** 17:10-17:50 S3	Functional Weightlifting 17:00-18:00 LTT	Escape Pain Course 18:30-19:45 S2		Body Pump ** 11:00-11:45 S3
Youth Olympic Weightlifting 17:00-18:00 S&C	Kettlebells ** 17:20-18:00 S1	Youth Olympic Weightlifting 17:00-18:00 S&C	Dance Fit * 19:00-19:45 S1		Body Balance * 12:00-12:50 S1
Bums & Tums* 17:30-18:00 S3	Body Pump ** 18:00-18:50 S3	Beginners Olympic W/L 18:00-19:00 S & C	Indoor Cycling *** 19:00-19:45 S3		
Grit Cardio *** 17:30-18:00 S3	Body Step *** 18:10-18:50 S1	Core X Fit ** 17:15-17:45 S1	Skill X Speed 19:00-20:00 LTT		
Fitness Pilates* 17:30-18:15 S1	Body Balance * 19:00-19:45 S1	Kettlebells** 17:50-18:30 S1	Karate ** 19:00-20:30 SH1 1&2		
Body Combat *** 18:05-18:50 S3	Escape Pain Course 18:30-19:45 S2	Body Step *** 17:50-18:35 S3	Body Balance * 20:00-20:45 S1		
Functional Weightlifting** 18:00-19:00 LTT	Indoor Cycling *** 19:00-19:45 S3	Bums & Tums* 18:45-19:15 S1			
Kettlebells** 18:20-18:55 S1	Metafit *** 19:55-20:25 S3	Indoor Cycling *** 18:45-19:30 S3			
Metafit *** 18:15-18:45 S2	Skill X Power 19:00-20:00 LTT	Olympic Weightlifting ** 19:00-21:00 S&C			
Body Balance * 19:00-19:55 S1	Line Dancing (in)* 20:00-20:50 S1	Body Balance* 19:30-20:15 S1			
Olympic Weightlifting ** 19:00-21:00 S&C	Line Dancing (Ad)* 20:50-21:40 S1	Body Pump ** 19:40-20:25 S3			
Skill X Stamina 19:00-20:00 G 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					

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](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:**

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

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

All Classes can be Adapted to suit All levels of Fitness

*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*