

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
Skill X Power	06:00-07:00	LTT-Gym	Skill X Agility	06:00-07:00	LTT-Gym	Gym HIIT	06:00-07:00	LTT-Gym	Functional Training	06:00-07:00	LTT-Gym	Skill X Agility	06:00-07:00	LTT-Gym	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
Pilates Fusion **	09:15-10:00	S1	Aqua Aerobics *	09:45-10:30	CP	Aqua Zumba*	10:15-11:00	CP	Cancer Rehab Class	08:45 - 09:45	LTT-Gym	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 **	09:30-10:15	S3	Body Combat ***	09:30-10:15	S1	Body Pump **	09:30-10:15	S3	Skill X Stamina	09:00-10:00	LTT-Gym
50+ Fitness Session*	10:00-10:45	SH1	Step & Sculpt **	09:30-10:10	S3	PiYo*	09:15-10:00	S1	Beginners Indoor Cycling *	09:30-10:15	S3	Cardiac Rehab Class	10:00-12:00	S1	Yoga Level 2*	09:25-10:25	S1
PiYo*	10:10-10:50	S1	Olympic Weightlifting **	10:00-12:00	S&C	50+ Fitness Session*	10:00-10:45	SH1 3&4	Cardiac Rehab Class	10:00-12:00	Gym	Female Weight Lifting*	11:00-12:00	S&C	Metafit ***	09:45-10:15	S2
Indoor Cycling***	10:45-11:30	S3	Pilates *	10:00-11:00	S2	Skill X Stamina	10:15-11:00	LTT-Gym	Kettlebells **	10:20-11:05	S1	50+ Fitness Session*	10:15-11:00	SH1	Kids Karate *	10:00-11:00	S3
Bums & Tums	10:55-11:20	SH1	Kettlebells **	10:10-10:55	S1	HIIT Spin ***	10:30-11:00	S3	Indoor Cycling ***	10:30-11:00	S3	Express Aerobics*	10:20-10:50	S3	Body Combat ***	10:35-11:25	S1
Tai Chi (I) *	11:00-12:00	S1	Core Conditioning *	10:20-10:50	S3	Dynamic Wellbeing L2	11:10-12:10	SH1 3&4	Body Balance *	11:15-12:00	S1	PiYo*	11:10-12:00	SH1A 3&4	Karate **	11:00-12:30	S3
Dynamic Wellbeing L1	11:10-12:00	S2	Aerobics *	11:00-11:40	S1	Easyline *	11:15-12:00	S3	Body Pump**	11:15-12:00	S3	Bums & Tums *	11:00-11:30	S3	Body Balance *	11:30-12:15	S1
Easyline *	11:30-12:10	SH1 3&4	Indoor Cycling ***	11:00-11:45	S3	Body Balance *	11:15-12:00	S1	Strong Nation***	12:15-12:55	S3	Dance UR-SEL-FIT *	12:15-13:00	S1			
Beginner Weightlifting	12:30-13:30	S&C	Functional Weightlifting**	12:00-13:00	S&C	Circuits ***	12:10-12:55	S & C	Dynamic Wellbeing, L2	14:10-15:00	S1	Skill X Stamina	12:15-13:15	(LTT-Gym			
Strap & Stretch **	12:15-12:55	S1	Pilates *	11:10-12:10	S2	Zumba *	12:15-13:00	S1	Otago *	12:45-14:00	S1	Beginners Weightlifting	12:30-13:30	S&C			
Qigong	12:15-13:15	S2	Highland Hustle	11:45-12:20	S1	Indoor Cycling ***	12:30-13:00	S3	Qigong *	13:30-14:30	S3	Indoor Cycling***	12:30-13:15	S3			
Skill X Speed	12:15-13:15	(LTT-Gym	Stretch & Flow *	12:20-13:05	S2	Improver Weightlifting	12:30-13:30	LTT-Gym	Tai Chi *	14:40-15:40	S3	Line Dancing (I) *	13:15-14:30	S1			
Zumba *	12:20-13:10	S3	Line Dancing (B) *	12:30-13:30	S3	Parkinson`s Plus*	12:45-13:40	S2	Escape Pain Course	15:00-16:15	S1	Pilates*	17:00-17:45	S3			
Parkinsons*	13:10-13:50	S1	Improver Weightlifting	12:30-13:30	S&C	Stretching Session*	13:10-13:40	S3	Body Attack ***	17:10-17:50	S3	Body Pump**	18:00-18:45	S3			
Otago *	14:00-15:15	S1	Cancer Rehab	10:30-11:30	LTT-Gym	Line Dancing (I+)*	13:30-14:30	S1	Body Pump **	18:00-18:45	S3	Body Balance*	19:00-19:45	S3			
Cardiac Rehab Class	15:25-17:25	S1	Dynamic Wellbeing L2	13:45-14:45	S1	Parkinsons*	13:50-14:45	S3	Kids Karate	18:00-19:00	SH1 1&2	Female Weightlifting*	19:00-20:00	(LTT-Gym			
Body Balance*	16:45-17:30	S2	50+ Weightlifting	13:45-14:45	LTT-Gym	Otago *	14:45-16:00	S1	Escape Pain Course	18:00-19:15	S2						
Youth Olympic Weightlifting	17:00-18:00	S&C	Escape Pain Course	15:00-16:15	S1	Functional Weightlifting	17:00-18:00	LTT-Gym	Dance Fit *	19:00-19:45	S1						
Pilates*	17:30-18:10	S1	Teen Weightlifting*	16:30-17:30	S&C	Youth Olympic Weightlifting	17:00-18:00	S&C	Indoor Cycling ***	19:00-19:45	S3						
Abs Attack*	17:35-18:05	S2	Strap & Strength **	16:45-17:15	S1	Beginners Olympic W/L	18:00-19:00	S&C	Skill X Speed	19:00-20:00	LTT-Gym						
Body Combat ***	18:20-19:00	S3	Body Attack ***	17:10-17:50	S3	Pilates *	17:00-17:45	S1	Karate **	19:00-20:30	SH1 1&2						
Functional Weightlifting	18:00-19:00	S&C	Kettlebells **	17:30-18:00	S1	Metafit ***	17:15 - 17:45	S2	Body Balance *	20:00-21:00	S1						
Kettlebell Step **	18:20-18:50	S1	Body Pump **	18:00-18:45	S3	Kettlercise **	17:50-18:30	S2									
Metafit ***	18:15-18:45	S2	Metafit ***	18:15-18:45	S1	Body Step ***	17:50-18:35	S1									
Body Balance*	19:00-19:50	S1	Body Balance*	19:00-19:45	S1	Bums & Tums*	18:45-19:15	S1									
Olympic Weightlifting**	19:00-21:00	S&C	Escape Pain Course	18:30-19:45	S2	Body Pump**	18:00-18:45	S3									
Body Pump**	19:10-19:50	S3	Indoor Cycling ***	19:00-19:45	S3	Bootcamp Circuits***	19:15-20:00	SH1 1&2									
Skill X Stamina	20:00-21:00	LTT-Gym	Skill X Power	19:00-20:00	LTT-Gym	Indoor Cycling***	19:00-19:45	S3									
Line Dancing (B)*	20:00-21:00	S1	Tai Chi *	20:00-21:00	S2	Female Weightlifting*	19:00-20:00	LTT-Gym									
Indoor Cycling***	20:00-20:45	S3	Line Dancing (Im)*	20:00-20:50	S1	Olympic Weightlifting**	19:00-21:00	S&C									
Aqua Aerobics*	20:15-21:00	CP	Line Dancing (A) *	20:50-21:40	S1	Body Balance*	19:30-20:15	S1									

Running from 10th March 2025

- 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:**

*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*

Mind/Body	Indoor Cy	Cardio	Core	Resistance	You Time	Gentle
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