

WEDNESDAY 24TH

50+ Fitness Session	10:00 - 10:45	SH1
Body Pump	09:30 - 10:15	S3
Drumtastic	10:30 - 11:00	S1
Dynamic Wellbeing	11:10 - 12:00	S1
Spin Circuits	10:30 - 11:00	S3
Body Balance	11:15 - 12:00	S1
HYROX	12:15 - 13:15	S3
Parkinsons Plus	11:15 - 12:00	S2

SATURDAY 27TH

Yoga level 1	10:15-11:15	S1
Skill X Power ?	10:15-11:15	Gym
Indoor Cycling	10:15-10:45	S3
Body Combat	10:15 - 10:45	S2
Body Balance	10:50 - 11:20	S2
Body Pump	11:00 - 11:45	S3
Yoga Level 2	11:15 - 12:15	S1

SUNDAY 28TH

Indoor Cycling	10:15-11:00	S3
Skill X Power ?	10:15-11:15	Gym
Hyrox	11:10-12:00	S3
Body Pump	12:10-13:00	S3

MONDAY 29TH

50+ Fitness Session	10:15-11:00	SH1
Body Pump	10:15-11:00	S3
Strong Nation	10:15 - 10:45	S1
Zumba	11:00 - 11:40	S1
Dynamic Wellbeing	11:10 - 12:00	S2
Indoor Cycling	11:15 - 12:00	S3
Drumtastic	12:00 - 12:30	S1
Skill X Stamina	12:15 - 13:15	Gym
Functional Fitness	12:30 - 13:30	S&C

TUESDAY 30TH

Aerobics	10:15-11:00	S1
Pilates	10:15 - 11:15	S2
Zumba	11:15 - 12:00	S1
Pilates	11:25 - 12:25	S2
HYROX	12:15-13:15	S3
Drumtastic	12:15 - 12:45	S1
Stretch & Flow	12:30 - 13:10	S2
Line Dancing	13:00 - 14:00	S1



S1: Studio 1

S2 Studio 2

S3 Studio 3

SH1- Sports Hall 1

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:

If you fail to attend 3 classes over a 2 month period your online booking privileges will be blocked for 1

For booking on the new app please use the following link <https://hlh.gladstonego.cloud/book>

Updated dec 2025

Cardio	Resistance	Indoor Cycling	Mind/Body	HYROX
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