

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY					
HYROX	05:45-06:40	S3	HYROX	05:45-06:40	S3	Gym HIIT	06:00-07:00	LTT Gym	HYROX	05:45-06:40	S3	HYROX	05:45-06:40	S3	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	Body Attack	06:45-07:30	S1	Yoga Level 1	08:15-09:15	S1			
Pilates Fusion	09:15-10:00	S1	Body Combat	09:20-10:05	S1	Aqua Zumba	10:15-11:00	CP	Body Combat	09:30-10:15	S1	Body Pump	09:30-10:15	S3	Body Pump	09:00-09:45	S3			
Body Pump	09:30-10:20	S3	Step & Sculpt	09:30-10:10	S3	Body Pump	09:30-10:15	S3	Indoor Cycling	09:30-10:15	S3	50+ Fitness Session	10:15-11:00	SH1	Skill X Stamina	09:00-10:00	LTT Gym			
50+ Fitness Session	10:00-10:45	SH1	Aqua Fit	09:45-10:30	CP	PiYo	09:15-10:00	S1	Cardiac Rehab Class	10:00-12:00	LTT Gym	Female Weightlifting	11:00-12:00	S&C	Yoga Level 2	09:25-10:25	S1			
PiYo Beginner	10:10-10:50	S1	Pilates	10:00-11:00	S2	50+ Fitness Session	10:00-10:45	SH1	Yoga	10:00-11:00	S2	Aerobics	10:20-10:50	S3	Kids Karate	10:00-11:00	SH1			
Indoor Cycling	10:45-11:30	S3	Olympic Weightlifting	09:30-11:30	S&C	Skill X Stamina	10:15-11:00	LTT Gym	Kettlebells	10:20-11:05	S1	Drumtastic	11:15-12:00	S1	Body Combat	10:35-11:25	S1			
Legs Bums & Tums	10:55-11:20	SH1	Kettlebells	10:10-10:55	S1	Spin Fit	10:30-11:00	S3	Pilates	11:10-12:10	S2	Dynamic Wellbeing L1	11:10-12:00	S2	Karate	11:00-12:30	SH1			
Tai Chi (i)	11:00-12:00	S1	Core Conditioning	10:20-10:50	S3	Drumtastic	10:30-11:00	S1	Body Balance	11:15-12:00	S1	PiYo	11:10-12:00	SH1	Body Balance*	11:30-12:15	S1			
Dynamic Wellbeing L1	11:10-12:00	S2	Cancer Rehab Class	10:30-11:30	LTT Gym	Dynamic Wellbeing L2	11:10-12:10	SH1	HYROX	12:15-13:15	S3	Legs Bums & Tums	11:00-11:30	S3	HYROX	10:00-11:00	S3 starts 17th			
You time Circuits	11:30-12:10	SH1	Aerobics	11:00-11:40	S1	You time Circuits	11:15-12:00	S3	Yoga Stretch	12:20-13:00	S2	Dance ur sel fit	12:15-13:00	S1	SUNDAY					
Strong Nation	11:40-12:10	S3	Indoor Cycling	11:00-11:45	S3	Pram and Jam	11:15-12:00	SH1	Cancer Rehab Class	12:30-13:30	LTT Gym	Skill X Stamina	12:15-13:15	S3						
Learn to Lift	12:30-13:30	S&C	Pilates	11:10-12:10	S2	Body Balance	11:15-12:00	S1	Otago	12:45-14:00	S1	HYROX	12:15-13:15	S3						
Qigong	12:15-13:15	S2	Learn to Lift	11:30-12:30	S&C	Zumba	12:15-13:00	S1	Qigong	13:30-14:30	S2	Learn to lift	12:30-13:30	S&C						
Skill X Speed	12:15-13:15	LTT Gym	Stretch & Flow	12:20-13:05	S2	HYROX	12:15-13:15	S3	Dynamic Wellbeing L2	14:10-15:00	S1	Line Dancing (Improver)	13:15-14:30	S1	Indoor Cycling	09:15-10:00	S3			
HYROX	12:15-13:15	S3	Line Dancing (Beginner)	12:30-13:30	S1	Improver Weightlifting	12:30-13:30	LTT Gym	Tai Chi	14:40-15:40	S2	Pilates	17:00-17:45	S2	Skill X Power	09:00-10:00	LTT Gym			
Zumba	12:20-13:00	S1	Improver Weightlifting	12:30-13:30	S&C	Parkinsons Plus	12:45-13:35	S2	Escape Pain Course	15:00-16:15	S1	Body Pump	18:00-18:45	S3	HYROX	10:10-10:55	S3			
Parkinsons	13:15-14:10	S1	Dynamic Wellbeing L2	13:45-14:45	S1	Line Dancing (Beginner+)	13:30-14:30	S1	HYROX	17:10-17:50	S3	Body Balance	19:00-19:45	S2	Body Pump	11:00-11:45	S3			
Otago	14:20-15:35	S1	50+ Weightlifting	13:45-14:45	LTT Gym	Parkinsons	13:50-14:45	S2	Yoga	17:30-18:30	S1	Female Weightlifting	19:00-20:00	LTT Gym	Body Balance	12:00-12:50	S1			
Parkinsons Beats	14:15-15:00	SH1	Escape Pain Course	15:00-16:15	S1	Otago	14:45-16:00	S1	Body Pump	18:00-18:45	S3	Female Weightlifting	20:00 - 21:00	LTT Gym	Running from Monday 5th of Jan 2026					
Cardiac Rehab Class	14:30-16:30	S2	Teen Weightlifting	16:30-17:30	S&C	Pilates	16:15-17:00	S1	Kids Karate	18:00-19:00	SH1									
Body Balance	16:45-17:30	S1	Body Attack	17:20-17:50	S3	Stretch and Tone	17:15-17:45	S2	Escape Pain Course	18:00-19:00	S2									
Youth Olympic Weightlifting	17:00-18:00	S&C	Kettlebells	17:30-18:00	S1	Functional Fitness	17:00-18:00	S&C	Zumba	18:40-19:20	S1									
Pilates	17:30-18:10	S1	Body Pump	18:00-18:45	S3	Drumtastic	18:45-19:15	S1	Indoor Cycling	19:00-19:45	S3									
Abs Attack	17:35-18:05	S2	Escape Pain Course	18:30-19:45	S2	Pilates	17:00-17:45	S1	Skill X Speed	19:00-20:00	LTT Gym									
HYROX	18:00-19:00	S3	Body Balance	19:00-19:45	S1	Kettlebells	17:50-18:30	S1	Karate	19:00-20:30	SH1									
Stretch and Tone	18:15-18:45	S2	Indoor Cycling	19:00-19:45	S3	Legs Bums & Tums	18:00-18:30	S2	Body Balance	19:30-20:15	S1									
Functional Fitness	18:00-19:00	S&C	Skill X Power	19:00-20:00	LTT Gym	HYROX	18:00-19:00	S3	HYROX	20:00-21:00	S3									
Kettlebell Step	18:20-18:50	S1	Tai Chi	20:00-21:00	S2	Learn to lift	18:00-19:00	S&C												
Body Balance	19:00-19:55	S1	HYROX	20:00-21:00	S3	HYROX	19:00-20:00	S3												
Olympic Weightlifting	19:00-21:00	S&C				Female Weightlifting	19:00-20:00	LTT Gym												
HYROX	19:00-20:00	S3				Olympic Weightlifting	19:00-21:00	S&C												
Female Weightlifting	20:00-21:00	LTT Gym				Body Balance	19:30-20:15	S1												
Aqua Fit	20:10-20:55	CP																		

S1: Studio 1
S2: Studio 2
S3: Studio 3
SH1: Sports Hall 1
CP - Competition Pool
S&C - Strength and Conditioning Room
LTT- Love To Train Room



Mind & Body	Indoor Cycling	Restistance	Core	Cardio	You Time Gentle	Gym	HYROX
-------------	----------------	-------------	------	--------	-----------------	-----	-------

S1: Studio 1
S2: Studio 2
S3: Studio 3
SH1: Sports Hall 1
CP - Competition Pool
S&C - Strength and Conditioning Room
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:

If yoMind & Body Indoor Cycling Resistance Core Cardio You Time Gentle Gym HYROX u fail to attend 3 classes over a 2 month period your online booking privela will be blocked for 1 month.

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



