

| 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      | Cardiac Rehab Class     | 09:00-11:00 | SH1     | 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      | Indoor Cycling          | 06:45-07:30 | S3      | 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      | Body Combat             | 09:20-10:05 | S1      | 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     | Step & Sculpt           | 09:30-10:10 | S3      | 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      | Aqua Fit                | 09:45-10:30 | CP      | 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      | Pilates                 | 10:00-11:00 | S2      | 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     | Olympic Weightlifting   | 09:30-11:30 | S&C     | 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      | Kettlebells             | 10:10-10:55 | S1      | 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      | Core Conditioning       | 10:20-10:50 | S3      | Dynamic Wellbeing L2     | 11:10-12:10 | SH1     | HYROX                | 12:15-13:15 | S3      | Legs Bums & Tums        | 11:00-11:30   | S3      | HYROX                               | 11:00 - 12:00 | S3      |  |  |  |  |  |  |  |  |  |
| You time Circuits           | 11:30-12:10 | SH1     | Cancer Rehab Class      | 10:30-11:30 | LTT Gym | 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      | Aerobics                | 11:00-11:40 | S1      | 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     | Indoor Cycling          | 11:00-11:45 | S3      | 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      | Pilates                 | 11:10-12:10 | S2      | 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 | Learn to Lift           | 11:30-12:30 | S&C     | HYROX                    | 12:15-13:15 | S3      | Dynamic Wellbeing L2 | 14:10-15:00 | S1      | Line Dancing (Improver) | 13:15-14:30   | S1      | HYROX                               | 10:10-10:55   | S3      |  |  |  |  |  |  |  |  |  |
| HYROX                       | 12:15-13:15 | S3      | Stretch & Flow          | 12:20-13:05 | S2      | Improver Weightlifting   | 12:30-13:30 | LTT Gym | Tai Chi              | 14:40-15:40 | S2      | Pilates                 | 17:00-17:45   | S2      | Body Pump                           | 11:00-11:45   | S3      |  |  |  |  |  |  |  |  |  |
| Zumba                       | 12:20-13:00 | S1      | Line Dancing (Beginner) | 12:30-13:30 | S1      | Parkinsons Plus          | 12:45-13:35 | S2      | Escape Pain Course   | 15:00-16:15 | S1      | Body Pump               | 18:00-18:45   | S3      | Body Balance                        | 12:00-12:50   | S1      |  |  |  |  |  |  |  |  |  |
| Parkinsons                  | 13:15-14:10 | S1      | Improver Weightlifting  | 12:30-13:30 | S&C     | Line Dancing (Beginner+) | 13:30-14:30 | S1      | HYROX                | 17:10-17:50 | S3      | Body Balance            | 19:00-19:45   | S2      | Running from Monday 5th of Jan 2026 |               |         |  |  |  |  |  |  |  |  |  |
| Otago                       | 14:20-15:35 | S1      | Dynamic Wellbeing L2    | 13:45-14:45 | S1      | Parkinsons               | 13:50-14:45 | S2      | Yoga                 | 17:30-18:30 | S1      | Female Weightlifting    | 19:00-20:00   | LTT Gym |                                     |               |         |  |  |  |  |  |  |  |  |  |
| Parkinsons Beats            | 14:15-15:00 | SH1     | 50+ Weightlifting       | 13:45-14:45 | LTT Gym | Otago                    | 14:45-16:00 | S1      | Body Pump            | 18:00-18:45 | S3      | Female Weightlifting    | 20:00 - 21:00 | LTT Gym |                                     |               |         |  |  |  |  |  |  |  |  |  |
| Cardiac Rehab Class         | 14:30-16:30 | S2      | Escape Pain Course      | 15:00-16:15 | S1      | Pilates                  | 16:15-17:00 | S1      | Kids Karate          | 18:00-19:00 | SH1     |                         |               |         |                                     |               |         |  |  |  |  |  |  |  |  |  |
| Body Balance                | 16:45-17:30 | S1      | Teen Weightlifting      | 16:30-17:30 | S&C     | 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     | Body Attack             | 17:20-17:50 | S3      | Functional Fitness       | 17:00-18:00 | S&C     | Zumba                | 18:40-19:20 | S1      |                         |               |         |                                     |               |         |  |  |  |  |  |  |  |  |  |
| Pilates                     | 17:30-18:10 | S1      | Kettlebells             | 17:30-18:00 | S1      | Drumtastic               | 18:45-19:15 | S1      | Indoor Cycling       | 19:00-19:45 | S3      |                         |               |         |                                     |               |         |  |  |  |  |  |  |  |  |  |
| Abs Attack                  | 17:35-18:05 | S2      | Body Pump               | 18:00-18:45 | S3      | Pilates                  | 17:00-17:45 | S1      | Skill X Speed        | 19:00-20:00 | LTT Gym |                         |               |         |                                     |               |         |  |  |  |  |  |  |  |  |  |
| HYROX                       | 18:00-19:00 | S3      | Escape Pain Course      | 18:30-19:45 | S1      | Kettlebells              | 17:50-18:30 | S1      | Karate               | 19:00-20:30 | SH1     |                         |               |         |                                     |               |         |  |  |  |  |  |  |  |  |  |
| Stretch and Tone            | 18:15-18:45 | S2      | Body Balance            | 19:00-19:45 | S1      | Legs Bums & Tums         | 18:00-18:30 | S2      | Body Balance         | 19:30-20:15 | S1      |                         |               |         |                                     |               |         |  |  |  |  |  |  |  |  |  |
| Functional Fitness          | 18:00-19:00 | S&C     | Indoor Cycling          | 19:00-19:45 | S3      | HYROX                    | 18:00-19:00 | S3      | HYROX                | 20:00-21:00 | S3      |                         |               |         |                                     |               |         |  |  |  |  |  |  |  |  |  |
| Kettlebell Step             | 18:20-18:50 | S1      | Skill X Power           | 19:00-20:00 | LTT Gym | Learn to lift            | 18:00-19:00 | S&C     |                      |             |         |                         |               |         |                                     |               |         |  |  |  |  |  |  |  |  |  |
| Body Balance                | 19:00-19:55 | S1      | Tai Chi                 | 20:00-21:00 | S2      | HYROX                    | 19:00-20:00 | S3      |                      |             |         |                         |               |         |                                     |               |         |  |  |  |  |  |  |  |  |  |
| Olympic Weightlifting       | 19:00-21:00 | S&C     | HYROX                   | 20:00-21:00 | S3      | 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  
BOOKING POLICY:



|             |                |             |      |        |                 |     |       |
|-------------|----------------|-------------|------|--------|-----------------|-----|-------|
| 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](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:**  
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 privelya will be blocked for 1 month.



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