

<b>MON</b>	8.00	Public Swimming				12.00	12.00	1.00	1.00	3.30	3.30	5.30	5.30	6.30	6.30	6.30	7.55	8.00	9.00
							50+ Swimming		Public Swimming	Swimming Lessons		Public Swimming	Swimming Club		Synchro Club		Adult Swimming		
<b>TUE</b>	8.00	9.50	10.00	11.10	11.10				3.30	3.30	5.30	5.30				8.00	8.00	9.00	
	Public Swimming		School Lessons		Public Swimming					Swimming Lessons		Public Swimming [Happy Hour 6-7]				Adult Swimming			
<b>WED</b>	8.00	9.50	10.00	11.10	11.10	12.00	12.00	1.00	1.00	3.30	3.30	5.30	5.30	6.30	6.30	6.30	7.55	8.00	9.00
	Public Swimming		School Lessons		Public Swimming	Staff Training		Public Swimming		Swimming Lessons		Public Swimming	Swimming Club		Public Swimming		Ladies Only		
<b>THU</b>	8.00	10.20		10.30	12.20		12.30	3.30		3.30	5.30	5.35	7.25		7.30	9.00			
	Public Swimming			School Lessons			Public Swimming		Swimming Lessons		Highland Swim Team	Public Swimming		Public Swimming (2 Lanes)					
<b>FRI</b>	8.00	9.50	10.00	11.10	11.15	12.15	12.15	1.15	1.15	4.00		4.00	7.55				8.00	9.00	
	Public Swimming		School Lessons		Public Swimming [Happy hour]	Adult Swimming		Public Swimming		Swimming Club				Public Swimming					
<b>SAT</b>		9.00	9.30	11.00		11.00	12.00	12.00	1.00	1.00	2.00	3.00	3.00	5.30					
		Swim Lessons	Public Swimming		Public Swimming [Happy hour]	Family Swimming	Fun Hour	Public Swimming	Synchro Club				<b>Join our fantastic value High Life Scheme</b> Pay one low monthly fee and get unlimited use of all Leisure Centre run activities. Excellent value at only £20.00 for individual membership or £30.00 for a family membership						
<b>SUN</b>		9.00	10.00	10.00	11.00	11.00	12.00	12.00	1.00	1.00	2.00	4.00							
		Swimming Club	Synchro Club	Synchro Club	Family Swimming	Public Swimming	Fun Hour	Public Swimming											

## Programme Guidance Notes

**Lane Swimming** – Where possible, a lane will be provided during our public swimming times.

**Happy Hour** - Activity £1 per person during the times stated.

**Family Swims** – Designed for families. Floats and toys will be out for the kids. Deep end closed.

**Fun Hour** – For All Ages. Floats, mats, rubber rings and toys.

**School Lessons** – **Changing rooms will be unavailable** 10 mins before and 10 mins after these sessions. We apologise for the inconvenience.

**Swimming Lessons** – 24<sup>th</sup> April to 1<sup>st</sup> July 2017

Day	Time	Activity	Class Information
<b>MONDAY</b>	6.30pm – 7.15pm	<b>Outdoor Cycling</b> At Nairn Leisure Centre!	Stationary group cycle class, control your resistance and effort through the ride, experience hills, flats & sprints designed to build strength and endurance.
<b>TUESDAY</b>	6.00pm – 6.45pm	<b>Outdoor Cycling</b> At Nairn Leisure Centre!	Stationary group cycle class, control your resistance and effort through the ride, experience hills, flats & sprints designed to build strength and endurance.
	6.15pm – 6.45pm	<b>Kettlebells</b> At Dunbar Hall Auldearn!	<b>Kettlebells</b> are some of the most powerful tools for improving your <b>fitness</b> and physique. They combine strength <b>training</b> , mobility, flexibility, and cardiovascular... <b>Over 16's only</b>
	7.00pm – 8.00pm	<b>PIYO</b> At Dunbar Hall Auldearn!	<b>PIYO</b> is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it.
<b>WEDNESDAY</b>	6pm – 6.30pm	<b>Fatburn</b> At Dunbar Hall Auldearn!	<b>Fatburn Extreme</b> is a 20-minute workout, scientifically proven, to maximise results in minimum time. Boost metabolism, improve speed & power with bodyweight
	6.30pm – 7.30pm	<b>PIYO</b> At Dunbar Hall Auldearn!	<b>PIYO</b> is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it.
	6.30pm – 7.15pm	<b>Outdoor Cycling</b> At Nairn Leisure Centre!	Stationary group cycle class, control your resistance and effort through the ride, experience hills, flats & sprints designed to build strength and endurance.
<b>FRIDAY</b>	6.30pm - 7.00pm	<b>Fatburn</b> At Dunbar Hall Auldearn!	<b>Fatburn Extreme</b> is a 20-minute workout, scientifically proven, to maximise results in minimum time. Boost metabolism, improve speed & power with bodyweight
	7.00 – 7.30pm	<b>Ab Blast</b> At Dunbar Hall Auldearn!	<b>Absolute Blast</b> is a 30-minute core workout

## Fitness Suite Opening Hours

<b>Monday - Friday</b>	8.00am - 8.45pm
<b>Sat</b>	9.00am - 5.15pm
<b>Sun</b>	9.00am - 3.45pm

## All advertised classes are included in *High Life*

Due to limited spaces please ensure you book the above sessions  
For more information or to book your place please contact reception

**Note for PIYO** – FOR HYGIENE REASONS PLEASE BRING YOUR OWN  
YOGA MAT IF YOU HAVE ONE