



# Eyemouth Leisure Centre

## CLASSES TIMETABLE

Saturday 17 August

Time	Activity
Saturday	
08:15 - 09:00	Circuits
13:00 - 14:00	Fun Session
Sunday	
13:00 - 14:00	Fun Session
Monday	
06:15 - 07:00	Spin
09:00 - 09:45	H.I.I.T
10:00 - 11:00	Exercise Rehab
10:00 - 10:45	T R X & Weights
10:00 - 10:45	Aqua Zumba
11:00 - 12:00	Exercise Rehab
17:30 - 18:00	Xpress Spin
18:15 - 19:00	T R X & Weights
19:15 - 20:00	Boogie Bounce
20:15 - 21:00	Circuits
Tuesday	
06:15 - 07:00	Circuits
08:15 - 08:45	Xpress Spin
09:00 - 09:45	Zumba
18:00 - 18:45	Aqua H.I.I.T
18:15 - 19:00	L B T
19:15 - 20:00	Strong
20:15 - 21:00	Gain Tues
Wednesday	
06:15 - 07:00	Spin

09:00 - 09:45	Silver Spin
10:00 - 11:00	Exercise Rehab
10:00 - 10:45	Step
11:00 - 12:00	Exercise Rehab
17:30 - 18:00	Xpress Spin
18:15 - 19:00	Piyo
19:00 - 19:45	Aquafit
19:00 - 20:00	Aqua Circuits
19:15 - 20:00	Circuits

### Thursday

06:15 - 07:00	Circuits
08:15 - 08:45	Xpress Spin
09:00 - 09:45	Boogie Bounce
09:00 - 10:00	Yoga
17:30 - 18:15	Core de Force
18:30 - 19:15	Zumba
19:15 - 20:00	Gain

### Friday

06:15 - 07:00	Spin
09:00 - 09:30	Active
09:00 - 09:45	Zumba
10:00 - 10:45	Aquafit
10:00 - 10:45	Piyo
17:30 - 18:00	Xpress Spin
18:00 - 19:00	Fun Session
18:15 - 19:00	Boogie Bounce