

Cowdenbeath Leisure Centre

Pit Road, Cowdenbeath, KY4 9NN

tel: 01383 602305

Gym Opening Times

Monday - Friday 6.30am - 10.00pm

Saturday & Sunday 8.00am - 8.30pm

 Please recycle responsibly

www.fifeleisure.org.uk

Details correct at time of going to print - January 2011

Scottish Charity No. SC039464 | Company Registration No. SC336004 | Designed by FSLT, Music Institute

cowdenbeath
leisure centre

Gym Induction

Timetable



Induction Classes

Monday

10.00am - 12.00pm
7.00pm - 8.00pm
8.15pm - 9.15pm

Tuesday

10.00am - 11.00am
8.00pm - 9.00pm

Wednesday

7.00pm - 8.00pm
8.15pm - 9.15pm

Thursday

8.00pm - 9.00pm

Saturday

10.00am - 11.00am

Sunday

10.00am - 11.00am



maximum of 4 people per session