

Notes

- Preferably only customers with a Fitness User Pass should attend supported sessions. Otherwise speak to Instructor.
- Familiarisations can attend Induction classes but must be included in the 4 person limit.
- Customers must be on time. If arriving late entry may be refused

For further information please contact reception.

Dulloch Leisure Centre

Nightingale Place, Dunfermline, KY11 8LW
Tel: 01383 602209

Gym Opening Times

Monday - Friday 8.30am - 9.30pm
Saturday & Sunday 8.30am - 5.00pm
(Last entry 45 minutes before closing)

 Please recycle responsibly

www.fifeleisure.org.uk

Details correct at time of going to print - June 2010
Designed by FSLT, Music Institute

dulloch
leisure centre

Gym Induction

TIMETABLE



Monday

| | |
|--------------------------------|-------------------|
| Induction | 10.00am - 11.00am |
| Supported Session | 11.00am - 12.00pm |
| Induction (Lunch Time Special) | 12.45pm - 1.15pm |
| Induction | 1.30pm - 2.30pm |
| Supported Session | 3.00pm - 4.00pm |
| Induction | 4.00pm - 5.00pm |

Tuesday

| | |
|-------------------|-----------------|
| Induction | 2.30pm - 3.30pm |
| Supported Session | 3.30pm - 4.30pm |
| Induction | 5.00pm - 6.00pm |
| Induction | 6.00pm - 7.00pm |
| Induction | 7.30pm - 8.30pm |
| Induction | 8.30pm - 9.30pm |

Wednesday

| | |
|--------------------------------|-------------------|
| Induction | 10.00am - 11.00am |
| Supported Session | 11.00am - 12.00pm |
| Induction (Lunch Time Special) | 12.45pm - 1.15pm |
| Induction | 1.30pm - 2.30pm |
| Supported Session | 3.00pm - 4.00pm |
| Induction | 4.00pm - 5.00pm |

Thursday

| | |
|-------------------|-----------------|
| Induction | 2.30pm - 3.30pm |
| Supported Session | 3.30pm - 4.30pm |
| Induction | 5.00pm - 6.00pm |
| Induction | 6.00pm - 7.00pm |
| Induction | 7.30pm - 8.30pm |
| Induction | 8.30pm - 9.30pm |

Friday

| | |
|--------------------------------|-------------------|
| Induction | 10.00am - 11.00am |
| Supported Session | 11.00am - 12.00pm |
| Induction (Lunch Time Special) | 12.45pm - 1.15pm |
| Induction | 1.30pm - 2.30pm |
| Supported Session | 3.00pm - 4.00pm |
| Induction | 4.00pm - 5.00pm |

maximum of 4 people per session