Location

Activities Selected: Group Fitness

Prepared: 07/Nov/26 04:04:54

Monday

Morning

Aqua Aerobics	8:30am - 9:15am	Carnegie

Afternoon

Evening

Body Conditioning	6:00pm - 6:45pm	Carnegie

Tuesday

Morning

Sunrise Bootcamp	6:15am - 7:00am	Carnegie

Afternoon

Junior Gym	4:00pm - 4:45pm	Carnegie
Junior Gym	4:30pm - 5:15pm	Kirkcaldy

Evening

BodyBalance	7:00pm - 7:45pm	Carnegie
Step	7:00pm - 7:45pm	Carnegie
GRIT Strength (V)	8:00pm - 8:30pm	Carnegie

Wednesday

Morning

HYROX	9:30am - 10:15am	Carnegie

Afternoon

Evening

Group Cycle	6:30pm - 7:15pm	Carnegie

Thursday

Morning

Afternoon

Junior Gym	4:30pm - 5:15pm	Kirkcaldy
RPM (V)	5:00pm - 5:45pm	Carnegie

Evening

Friday

Morning

Afternoon

Evening

DANCE (V)	7:30pm - 8:15pm	Carnegie

Saturday

Morning

Functional Fitness - Hyrox	8:00am - 9:00am	Pitreavie
Junior Weights	9:30am - 10:30am	Pitreavie
Junior Gym	10:00am - 10:45am	Michael Woods
Junior Weights	10:30am - 11:30am	Pitreavie
Junior Weights	11:30am - 12:30pm	Pitreavie

Afternoon

Junior Weights	11:30am - 12:30pm	Pitreavie
BodyBALANCE (V)	3:00pm - 3:45pm	Carnegie

Evening

Sunday

Morning

Group Cycle	8:30am - 9:15am	Carnegie
Shapes	9:30am - 10:15am	Carnegie
Junior Gym	10:30am - 11:15am	Carnegie

Afternoon		
Junior Gym	12:00pm - 12:45pm	Kirkcaldy
BodyPUMP (V)	2:00pm - 2:45pm	Carnegie
BodyBALANCE (V)	3:00pm - 3:45pm	Carnegie
Evening		