Location

Activities Selected: Health and Wellbeing

Prepared: 07/Nov/26 04:12:10

Monday

Morning

Active Strength and Balance	9:15am - 10:00am	Cupar
Active Strength and Balance	9:15am - 10:00am	Cupar
Active Back Care	9:45am - 10:45am	Carnegie
Active Circuit	10:00am - 10:45am	Michael Woods
Active Stability	10:00am - 11:00am	Duloch
Active Gym	10:00am - 10:45am	Cupar
Active Circuit	10:00am - 10:45am	Michael Woods
Active Stability	10:00am - 11:00am	Duloch
Active Gym	10:00am - 10:45am	Cupar
Active Circuit	10:15am - 11:00am	Cowdenbeath
Active Circuit	10:15am - 11:00am	Cowdenbeath
Active Circuit	10:30am - 11:30am	Oakley
Active Circuit	10:30am - 11:15am	Duloch
Active Circuit	10:30am - 11:30am	Oakley
Active Circuit	10:30am - 11:15am	Duloch
Active Circuit	11:00am - 11:45am	Michael Woods
Active Gym	11:00am - 11:45am	Cupar
Active Circuit	11:00am - 11:45am	Michael Woods
Active Gym	11:00am - 11:45am	Cupar
Active Circuit	11:40am - 12:25pm	Dalgety Bay
Active Circuit	11:40am - 12:25pm	Dalgety Bay

Afternoon		
Active Circuit	11:40am - 12:25pm	Dalgety Bay
Active Circuit	11:40am - 12:25pm	Dalgety Bay
Active Circuit	12:00pm - 12:45pm	Kirkcaldy
Active Circuit	12:00pm - 12:45pm	Duloch
Active Gym	12:00pm - 12:45pm	Cupar
Active Circuit	12:00pm - 12:45pm	Carnegie
Active Circuit	12:00pm - 12:45pm	Kirkcaldy
Active Circuit	12:00pm - 12:45pm	Duloch
Active Gym	12:00pm - 12:45pm	Cupar
Active Circuit	12:15pm - 1:00pm	East Sands
Active Circuit	12:15pm - 1:00pm	East Sands
Active Strength and Balance	12:30pm - 1:15pm	Overton
Active Circuit	1:00pm - 1:45pm	Duloch
Active Gym	1:00pm - 1:45pm	Cupar
Active Circuit	1:00pm - 1:45pm	Duloch
Active Gym	1:00pm - 1:45pm	Cupar
Active Hydro	1:15pm - 2:00pm	Kirkcaldy
Active Hydro	1:15pm - 2:00pm	Kirkcaldy
Active Circuit	1:45pm - 2:30pm	East Sands
Active Circuit	1:45pm - 2:30pm	Dalgety Bay
Active Circuit	1:45pm - 2:30pm	East Sands
Active Circuit	1:45pm - 2:30pm	Dalgety Bay
Active Strength and Balance	2:00pm - 2:45pm	Duloch
Active for Health	2:00pm - 3:00pm	Levenmouth
Active Strength and Balance	2:00pm - 2:45pm	Duloch
Active Circuit	2:30pm - 3:15pm	Cupar
Active Circuit	2:30pm - 3:15pm	Cupar
Active Strength and Balance	2:45pm - 3:30pm	East Sands

Active Strength and Balance	2:45pm - 1:30pm	Dalgety Bay
Active Strength and Balance	2:45pm - 3:30pm	East Sands
Active Strength and Balance	2:45pm - 1:30pm	Dalgety Bay
Active Strength and Balance	3:30pm - 4:15pm	Levenmouth
Active for Health	5:30pm - 6:30pm	Carnegie
Evening		
Active for Health	5:30pm - 6:30pm	Carnegie
Active for Life	6:30pm - 7:30pm	Carnegie

Tuesday

Morning		
Active for Health	9:30am - 10:30am	Carnegie
Active Circuit	9:30am - 10:15am	Cupar
Active for Health	9:30am - 10:30am	Carnegie
Active Circuit	9:30am - 10:15am	Cupar
Thriving Communities	10:00am - 11:30am	Michael Woods
Active Circuit	10:00am - 10:45am	Levenmouth
Active for Life	10:00am - 11:00am	Carnegie
Thriving Communities	10:00am - 11:30am	Michael Woods
Active Circuit	10:00am - 10:45am	Levenmouth
Active Strength and Balance	10:30am - 11:15am	Dalgety Bay
Active Strength and Balance	10:30am - 11:15am	Dalgety Bay
Active Circuit	10:45am - 11:30am	Kirkcaldy
Active Circuit	10:45am - 11:30am	Kirkcaldy
Active Circuit	11:00am - 11:45am	Michael Woods
Active Circuit	11:00am - 11:45am	Levenmouth
Active Circuit	11:00am - 11:45am	Michael Woods
Active Circuit	11:00am - 11:45am	Levenmouth
Active Strength and Balance	11:30am - 11:15am	Duloch

Active Strength and Balance	11:30am - 11:15am	Duloch
Active Gym	11:45am - 12:30pm	Kirkcaldy
Active Circuit	11:45am - 12:30pm	Cowdenbeath
Active Gym	11:45am - 12:30pm	Kirkcaldy
Afternoon		
Active Gym	11:45am - 12:30pm	Kirkcaldy
Active Circuit	11:45am - 12:30pm	Cowdenbeath
Active Gym	11:45am - 12:30pm	Kirkcaldy
Active Circuit	12:00pm - 12:45pm	Michael Woods
Active Circuit	12:00pm - 12:45pm	Cowdenbeath
Active Circuit	12:15pm - 1:00pm	Carnegie
Active Strength and Balance	12:30pm - 1:15pm	Levenmouth
Active Strength and Balance	12:30pm - 1:15pm	Levenmouth
Active Circuit	12:45pm - 1:30pm	Kirkcaldy
Active Circuit	12:45pm - 1:30pm	Kirkcaldy
Active Aqua	1:00pm - 1:45pm	Michael Woods
Active Aqua	1:00pm - 1:45pm	Michael Woods
Active Strength and Balance	1:00pm - 1:45pm	Michael Woods
Active Circuit	1:15pm - 2:00pm	Michael Woods
Active Circuit	1:15pm - 2:00pm	Carnegie
Active Circuit	1:30pm - 2:15pm	Levenmouth
Active Circuit	1:30pm - 2:15pm	Levenmouth
Active Aqua	2:00pm - 2:45pm	Michael Woods
Active Aqua	2:00pm - 2:45pm	Michael Woods
Active Strength and Balance	2:15pm - 3:00pm	Kirkcaldy
Active Strength and Balance	2:15pm - 3:00pm	Carnegie
Active Strength and Balance	2:15pm - 3:00pm	Kirkcaldy
Active Back Care	2:45pm - 3:45pm	Michael Woods
Active Back Care	2:45pm - 3:45pm	Michael Woods

Active Strength and Balance	3:00pm - 3:45pm	Levenmouth
Active for Health	4:00pm - 5:00pm	Levenmouth
Evening		
Active for Life	6:00pm - 7:00pm	Carnegie

Wednesday

Morning		
Active Circuit	10:00am - 10:45am	Overton
Active Circuit	10:00am - 10:45am	Overton
Active Circuit	10:00am - 10:45am	Kirkcaldy
Active Circuit	10:30am - 11:15am	Duloch
Active Circuit	10:30am - 11:15am	Duloch
Active Stability	11:00am - 12:30pm	Michael Woods
Active Strength and Balance	11:00am - 11:45am	Overton
Active Strength and Balance	11:00am - 11:45am	Beacon
Active Stability	11:00am - 12:30pm	Michael Woods
Active Strength and Balance	11:00am - 11:45am	Overton
Active Gym	11:00am - 12:00pm	Kirkcaldy
Active Circuit	11:30am - 12:15pm	Duloch
Active Circuit	11:30am - 12:15pm	Duloch
Active Aqua	11:45am - 12:30pm	Michael Woods
Afternoon		
Active Stability	11:00am - 12:30pm	Michael Woods
Active Stability	11:00am - 12:30pm	Michael Woods
Active Circuit	11:30am - 12:15pm	Duloch
Active Circuit	11:30am - 12:15pm	Duloch
Active Aqua	11:45am - 12:30pm	Michael Woods
Active Strength and Balance	12:00pm - 1:00pm	Kirkcaldy
Active Gym	12:30pm - 1:30pm	Kirkcaldy

Active Strength and Balance	12:30pm - 1:15pm	Duloch
Active Gym	12:30pm - 1:30pm	Kirkcaldy
Active Strength and Balance	12:30pm - 1:15pm	Duloch
Active Circuit	12:45pm - 1:30pm	Michael Woods
Active Strength and Balance	12:45pm - 1:30pm	Beacon
Active Circuit	12:45pm - 1:30pm	Michael Woods
Active Circuit	1:15pm - 2:00pm	Carnegie
Active Circuit	1:15pm - 2:00pm	Carnegie
Active Strength and Balance	1:30pm - 2:15pm	Duloch
Active Strength and Balance	1:30pm - 2:15pm	Duloch
Active Strength and Balance	2:00pm - 2:45pm	Michael Woods
Active Strength and Balance	2:00pm - 2:45pm	Michael Woods
Active Circuit	2:15pm - 3:00pm	Carnegie
Active Circuit	2:15pm - 3:00pm	Carnegie
Active Strength and Balance	3:00pm - 3:45pm	Michael Woods
Active Strength and Balance	3:00pm - 3:45pm	Michael Woods
Active Strength and Balance	3:30pm - 2:15pm	Dalgety Bay
Active Strength and Balance	3:30pm - 2:15pm	Dalgety Bay
Active for Health	4:00pm - 5:00pm	Carnegie
Active for Health	4:00pm - 5:00pm	Carnegie
Active for Health	5:15pm - 6:15pm	Michael Woods
Active for Health	5:15pm - 6:15pm	Michael Woods
Evening		
Active for Health	5:15pm - 6:15pm	Michael Woods
Active for Health	5:15pm - 6:15pm	Michael Woods
Active for Life	6:15pm - 7:15pm	Michael Woods
Active for Life	6:15pm - 7:15pm	Michael Woods
Active for Health	7:00pm - 8:00pm	Carnegie
Active for Health	7:00pm - 8:00pm	Carnegie

Thursday

Morning

Active Gym	9:30am - 10:15am	East Sands
Active Gym	9:30am - 10:15am	East Sands
Active Circuit	10:00am - 10:45am	Cupar
Active Circuit	10:00am - 10:45am	Cupar
Active Circuit	10:30am - 11:15am	East Sands
Active Circuit	10:30am - 11:15am	Duloch
Active Circuit	10:30am - 11:15am	Dalgety Bay
Active Aqua	10:30am - 11:15am	Cowdenbeath
Active Circuit	10:30am - 11:15am	East Sands
Active Circuit	10:30am - 11:15am	Dalgety Bay
Active Circuit	10:30am - 11:15am	Duloch
Active Aqua	10:30am - 11:15am	Cowdenbeath
Active Circuit	10:45am - 11:30am	Duloch
Active Circuit	10:45am - 11:30am	Duloch
Active Circuit	11:00am - 11:45am	Cupar
Active Circuit	11:00am - 11:45am	Carnegie
Active Circuit	11:00am - 11:45am	Cupar
Active Circuit	11:00am - 11:45am	Carnegie
Active Circuit	11:30am - 12:15pm	East Sands
Active Strength and Balance	11:30am - 12:15pm	Duloch
Active Circuit	11:30am - 12:15pm	East Sands
Active Strength and Balance	11:30am - 12:15pm	Duloch
Active Strength and Balance	11:45am - 12:30pm	Cowdenbeath
Active Strength and Balance	11:45am - 12:30pm	Cowdenbeath

Afternoon

Active Circuit	11:30am - 12:15pm	East Sands
Active Strength and Balance	11:30am - 12:15pm	Duloch

Active Circuit	11:30am - 12:15pm	East Sands
Active Strength and Balance	11:30am - 12:15pm	Duloch
Active Strength and Balance	11:45am - 12:30pm	Cowdenbeath
Active Strength and Balance	11:45am - 12:30pm	Cowdenbeath
Active Circuit	12:00pm - 12:45pm	Cupar
Active Circuit	12:00pm - 12:45pm	Cupar
Active Circuit	12:15pm - 1:00pm	Carnegie
Active Circuit	12:15pm - 1:00pm	Carnegie
Active Circuit	12:30pm - 1:15pm	Michael Woods
Active Circuit	12:30pm - 1:15pm	Michael Woods
Active Strength and Balance	12:45pm - 1:30pm	Cowdenbeath
Active Strength and Balance	12:45pm - 1:30pm	Cowdenbeath
Active Strength and Balance	1:15pm - 2:00pm	East Sands
Active for Health	1:15pm - 2:15pm	Carnegie
Active Strength and Balance	1:15pm - 2:00pm	East Sands
Active for Health	1:15pm - 2:15pm	Carnegie
Active Circuit	1:30pm - 2:15pm	Michael Woods
Active Circuit	1:30pm - 2:15pm	Michael Woods
Active Strength and Balance	2:15pm - 3:00pm	East Sands
Active Strength and Balance	2:15pm - 3:00pm	East Sands
Active Strength and Balance	2:30pm - 3:15pm	Michael Woods
Active Strength and Balance	2:30pm - 3:15pm	Michael Woods
Active Strength and Balance	3:15pm - 4:00pm	East Sands
Active Strength and Balance	3:15pm - 4:00pm	East Sands
Active Strength and Balance	3:30pm - 4:15pm	Michael Woods
Active Strength and Balance	3:30pm - 4:15pm	Michael Woods
Active Move	4:00pm - 5:00pm	Carnegie
Active Move	4:00pm - 5:00pm	Carnegie
Active for Health	5:00pm - 6:00pm	Carnegie

Active for Health	5:00pm - 6:00pm	Carnegie
Active Move	5:15pm - 6:15pm	Michael Woods
Active Move	5:15pm - 6:15pm	Michael Woods
Evening		
Active Move	5:15pm - 6:15pm	Michael Woods
Active Move	5:15pm - 6:15pm	Michael Woods
Active for Health	6:30pm - 7:30pm	Michael Woods
Active for Health	6:30pm - 7:30pm	Michael Woods

Friday

Morning		
Active Back Care	9:00am - 10:00am	Carnegie
Active Back Care	9:00am - 10:00am	Carnegie
Active for Life	9:30am - 10:30am	Michael Woods
Active for Life	9:30am - 10:30am	Michael Woods
Active for Life	10:15am - 11:15am	Carnegie
Active for Life	10:15am - 11:15am	Carnegie
Active for Life	10:30am - 11:15am	Michael Woods
Active Circuit	10:30am - 11:15am	Dalgety Bay
Active Aqua	10:30am - 11:15am	Carnegie
Active for Life	10:30am - 11:30am	Michael Woods
Active Circuit	10:30am - 11:15am	Dalgety Bay
Active Aqua	10:30am - 11:15am	Carnegie
Active Aqua	11:00am - 11:45am	Michael Woods
Active for Health	11:30am - 12:30pm	Michael Woods
Active for Health	11:30am - 12:30pm	Michael Woods
Active Circuit	11:45am - 12:30pm	Cowdenbeath
Active Circuit	11:45am - 12:30pm	Cowdenbeath

Afternoon		
Active for Health	11:30am - 12:30pm	Michael Woods
Active for Health	11:30am - 12:30pm	Michael Woods
Active Circuit	11:45am - 12:30pm	Cowdenbeath
Active Circuit	11:45am - 12:30pm	Cowdenbeath
Active Aqua	12:15pm - 1:00pm	Cowdenbeath
Active Circuit	12:15pm - 1:00pm	Carnegie
Active Aqua	12:15pm - 1:00pm	Cowdenbeath
Active Circuit	12:15pm - 1:00pm	Carnegie
Active for Health	12:30pm - 1:30pm	Michael Woods
Active for Health	12:30pm - 1:30pm	Michael Woods
Active Strength and Balance	1:30pm - 2:15pm	Duloch
Active Strength and Balance	1:30pm - 2:15pm	Duloch
Evening		

Saturday

Morning
Afternoon
Evening

Sunday

Morning
Afternoon
Evening