

Our Timetable has classes for all abilities. We are sure you will find a class you love!

carnegie
leisure centre

46 Pilmuir Street, KY12 0QE
01383 602304

kirkcaldy
leisure centre

Esplanade, Kirkcaldy, KY1 1HR
01592 583306

michael woods
sports and leisure centre

Viewfield, Glenrothes, KY6 2RD
01592 583305

LES MILLS

RPM 100

Friday 5th January
12.00pm - 1.00pm
at Carnegie

Join us as we launch RPM 100

Featuring Heather Mason, Paul Burke
and Susan Wilmanski



Visit our website or ask
reception for details.

fifeleisure.org.uk

Scottish Charity No. SC039464 / Company Registration No. SC336004

Fife sports
and leisure
trust

Festive Fitness Timetable

All venues closed Monday 25th to Wednesday 27th December 2023
and Monday 1st to Wednesday 3rd 2024

Thursday 28th December

Functional Circuits	9.30am - 10.15am	Kirkcaldy	♥	Gym Team
Les Mills BodyPump	9.30am - 10.15am	Carnegie	♥♥	Heather Mason
Les Mills BodyPump	9.30am - 10.15am	Michael Woods	♥♥	Debbie Young
Senior Flex	10.30am - 11.15am	Kirkcaldy	♥	Linda Wilson
Les Mills RPM	10.30am - 11.15am	Carnegie	♥♥	Heather Mason
Pickleball Intermediate	10.30am - 12.00pm	Carnegie	♥♥	Pickleball Ambassador
Aquaerobics	11.00am - 11.45am	Michael Woods	♥	Debbie Young
Aquaerobics	11.40am - 12.25pm	Kirkcaldy	♥	Linda Wilson
Aquaerobics	12.15pm - 1.00pm	Carnegie	♥	Angela McGregor
Tums, Bums & Thighs	12.00pm - 12.45pm	Michael Woods	♥	Claire Cunningham
Les Mills BodyCombat	1.00pm - 1.45pm	Michael Woods	♥♥	Claire Cunningham
Senior Flex	1.15pm - 2.00pm	Carnegie	♥	Angela McGregor

Friday 29th December

Metafit	9.15am - 9.45am	Carnegie	♥♥♥	Alan Wheatly
Aquaerobics	9.30am - 10.15am	Carnegie	♥	Heather Mason
Les Mills BodyPump	9.30am - 10.15am	Kirkcaldy	♥♥	Paula Stevenson
Les Mills RPM	9.30am - 10.15am	Michael Woods	♥♥	Ruth Salmond
Tums, Bums & Thighs	9.30am - 10.15am	Michael Woods	♥	Claire Cunningham
Kettlebells	9.45am - 10.30am	Carnegie	♥♥	Alan Wheatly
Functional Circuits	10.30am - 11.15am	Kirkcaldy	♥♥	Gym Team
Velo Forever	10.30am - 11.15am	Michael Woods	♥	Ruth Salmond
Les Mills BodyPump	10.30am - 11.15am	Michael Woods	♥♥	Claire Cunningham
Pickleball Intermediate	10.30am - 11.00am	Kirkcaldy	♥♥	Pickleball Ambassador
Pickleball Intermediate	11.30am - 1.00pm	Michael Woods	♥♥	Pickleball Ambassador

Saturday 30th December

Bootcamp	8.00am - 8.45am	Michael Woods	♥♥	Blair Smart
Bootcamp	8.15am - 9.00am	Kirkcaldy	♥♥	Gym Team
Les Mills RPM	8.30am - 9.15am	Carnegie	♥♥	Heather Mason
Velo Rhythm	8.30am - 9.15am	Michael Woods	♥♥	Debbie Young
Zumba	9.30am - 10.15am	Carnegie	♥♥	Heather Mason
Les Mills BodyPump	9.30am - 10.15am	Carnegie	♥♥	Adel Ward
Les Mills BodyPump	9.30am - 10.30am	Michael Woods	♥♥	Allan Clark
Gym Rebel (12 to 17 years)	10.00am - 10.45am	Michael Woods	♥♥	Gym Team
Gym Rebel (12 to 17 years)	10.00am - 10.45am	Kirkcaldy	♥♥	Gym Team
Les Mills BodyBalance	10.30am - 11.15am	Carnegie	♥	Adel Ward
Pickleball Intermediate	11.00am - 1.00pm	Kirkcaldy	♥♥	Pickleball Ambassador

Sunday 31st December

Velo Rhythm	9.00am - 9.45am	Michael Woods	♥♥	Claire Cunningham
PiYo	10.00am - 10.45am	Michael Woods	♥	Claire Cunningham
Gym Rebel (12 to 17 years)	10.30am - 11.15am	Carnegie	♥	Gym Team
Pickleball Masterclass	11.00am - 1.00pm	Kirkcaldy	♥♥	Pickleball Scotland

All venues open as normal from Thursday 4th January 2024

Please note, timetable is subject to change.
Last updated: 12.12.23

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