

Lochaber Leisure Centre Class Timetable

| VENUE | Lochaber Leisure Centre | Lochaber High School |
|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| MONDAY | 1.00pm-1.45pm Spinfit 6.00pm-6.45pm Spinfit 7.00pm-7.30pm *Body Blast 7.30pm-8.00pm *Body Blast | 6.00pm-7.00pm Boxercise 8.00pm-9.00pm Zumba |
| TUESDAY | 1.00pm-1.45pm Spinfit 6.00pm-6.45pm Spinfit 7.00pm-7.45pm Spinfit 8.00pm-9.00pm Zumba | |
| WEDNESDAY | 12pm-12.45pm Zumba 1.00pm-1.45pm Spinfit 2.00pm-3.00pm Adult Ballet 6.00pm-6.45pm Spinfit 7.00pm-7.45pm Spinfit (Beginners) | 6.00pm-7.00pm Aerobics 7.00pm-8.00pm Boxercise |
| THURSDAY | 1.00pm-1.45pm Spinfit 2.00pm-2.45pm Spinfit (Beginners) 6.00pm-6.45pm Spinfit 7.00pm-7.30pm *Body Blast 7.30pm-8.00pm *Body Blast 8.15pm-9.00pm *Aqua Aerobics | 6.00pm-7.00pm Boxercise 7.00pm-8.00pm Aerobics |
| FRIDAY | 1.00pm-1.45pm Spinfit 1.00pm- 2.00pm *Running for Beginners 6.00pm-6.45pm Spinfit 7.00pm-8.00pm Boxercise | |
| SATURDAY | 9.15am-10.30am | *Weekend Workout |

Class spaces are limited so please book at reception or call 01397 704359

* Only available to Move It To Lose It Participants.