

Class timetable descriptions

EXPRESS (X)

Spin X: Exactly the same as Spin but condensed into an express 30-minute session.

Legs, Bums & Tums X: Exactly the same as Legs, Bums & Tums but condensed into an express 30-minute session.

LES MILLS

Body Attack: Is the sports-inspired cardio workout for building strength and stamina. This high-intensity interval training class combines athletic aerobic movements with strength and stabilisation exercises.

Body Combat: Is the empowering cardio workout where you are totally unleashed. This fiercely energetic programme is inspired by martial arts and draws from a wide array of disciplines such as Karate, Taekwondo, Muay Thai and Tai Chi.

Body Pump: Is the original barbell class that strengthens your entire body. This resistance workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

SPIN

Spin: A high-intensity, indoor cycling workout guaranteed to increase your cardiovascular fitness, lower body strength and muscular endurance.

Spin & Core: A combination of high-intensity indoor cycling to increase your cardiovascular fitness, along with 'core' conditioning exercises to shape and tone.

WELLNESS*

Yoga: Yoga effectively stretches and strengthens the body, regulates the endocrine system, improves the digestive system, strengthens the respiratory system, and relieves stress.

Pilates: Pilates focuses on increasing your core strength and improving your posture through a series of low-repetition, low-impact stretching and conditioning exercises. Pilates will also increase your flexibility and agility and, at the same time, shape and tone your stomach and thigh muscles.

* Due to the specialised nature of these classes, they will be run at an extra cost to the membership fee.

TONING

Legs, Bums & Tums: A lower body conditioning workout that will increase your cardiovascular fitness and shape and tone your thighs, glutes and abs.

Movers & Shakers: A low-intensity workout designed to help you get the best from your body in a healthy and fun atmosphere.

Pilates Chair: Build strength, flexibility and endurance with this innovative workout. Pilates, cardio and strength elements are combined to create a total body experience.

Aqua: A water based aerobic workout that will increase your cardiovascular fitness and tone your whole body. A fun workout suitable for all fitness levels.

Chair & Fitball Core: A class combining the Pilates Chair and Stability Balls to develop core strength, flexibility, posture and balance.

CARDIOVASCULAR

Beatstep: Take your heart rate to a new level with this high-intensity cardiovascular workout. Choreographed routines that use the step to deliver a workout that will tone you from tip to toe.

Fighting Fit: Fancy yourself as the next Amir Khan? Boxers are amongst some of the fittest athletes in Sport. This class will use Boxing Skills to shape and tone your body and improve your Boxing prowess.

Centre opening times

Monday - Friday	06.30 - 22.00
Saturday & Sunday	08.00 - 18.00
Bank Holiday	08.00 - 18.00

Class Timetable

The latest class timetable is also available on our website or call 0131 626 3412 for more details. Please continue to give us feedback as it helps us adjust our services to suit you.

Timetable to be updated end of:

MARCH

TYPE OF CLASSES	EXPRESS (X)	LES MILLS	SPIN	WELLNESS	TONING	CARDIOVASCULAR	
All of our classes are open to everyone and will cater for all fitness levels so you can go at your own pace. If you are a regular exerciser and are looking for a bit more of a challenge then speak to your instructor about advanced options during the class. If you are a new exerciser or have any questions just arrive a few minutes early and speak to the instructor.	An express 30 minute class which gives you a great workout which will easily fit into your day.	Les Mills group fitness classes will deliver the results that you want. There are three different programmes to choose from, with world-class, pre-choreographed classes refreshed quarterly.	A high-intensity, indoor cycling workout guaranteed to increase your cardiovascular fitness, lower body strength and muscular endurance.	8-10 week courses are run throughout the year for Yoga and Pilates. There is an additional charge for this service. These courses require payment at the time of booking. Please ask at Client Services for more information on course dates.	A variety of classes to suit all abilities which will target specific muscle groups and shape and tone those problem areas.	A selection of calorie-burning workouts that will increase your cardiovascular fitness and muscular endurance.	
CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:15 - 08:00		BODYPUMP - STUDIO 1	SPIN - STUDIO 1	BODYPUMP - STUDIO 1	SPIN - STUDIO 1		
09:00 - 10:00						BODYPUMP - STUDIO 1	
10:00 - 10:45		AQUA - POOL					
10:00 - 11:00				MOVERS & SHAKERS - STUDIO 1			SPIN & CORE - STUDIO 1
10:10 - 11:10						BODYATTACK - STUDIO 1	
12:15 - 12:45		SPIN - STUDIO 1					
12:15 - 13:00	BODYPUMP - STUDIO 1	BODYATTACK - STUDIO 2	BEATSTEP - STUDIO 1	FIGHTING FIT - STUDIO 1	BODYPUMP - STUDIO 1		
12:15 - 13:00			BODYCOMBAT - STUDIO 2	PILATES - STUDIO 2	BODYATTACK - STUDIO 2		
13:05 - 13:50		YOGA - STUDIO 2		PILATES - STUDIO 2			
13:15 - 13:45	PILATES CHAIR - STUDIO 2		LEGS BUMS & TUMS X - STUDIO 1	SPIN X - STUDIO 1			
17:30 - 18:15			SPIN - STUDIO 1		SPIN - STUDIO 1		
17:30 - 18:15			BODYATTACK - STUDIO 2	PILATES - STUDIO 2			
17:30 - 18:30	LEGS BUMS & TUMS - STUDIO 1	BODYPUMP - STUDIO 1		BODYPUMP - STUDIO 1			
17:30 - 18:30	BODYCOMBAT - STUDIO 2	BODYATTACK - STUDIO 2					
18:30 - 19:30			BODYPUMP - STUDIO 1				
18:30 - 19:30			YOGA - STUDIO 2	BODYCOMBAT - STUDIO 2			
18:40 - 19:40				BODYATTACK - STUDIO 1			
18:45 - 19:30		SPIN - STUDIO 1					
18:45 - 19:30		CHAIR & FITBALL CORE - STUDIO 2					
18:45 - 19:45	SPIN - STUDIO 1						
18:45 - 19:45	BODYATTACK - STUDIO 2						