

## Dunbar Leisure Pool FITNESS TIMETABLE

Thursday 19 May

Time	Activity
09:15 - 10:00	Kettlebells
10:15 - 11:00	Bodycombat
11:15 - 12:00	Body Conditioning
12:30 - 13:30	Gentle Movement
18:00 - 18:45	Bodypump
19:00 - 19:45	Spinfit