

Musselburgh Sports Centre

FITNESS TIMETABLE

Monday 15 August - Sunday 21 August

Time	Activity
Monday	
09:15 - 10:00	Bodypump
10:10 - 10:55	.Zumba
12:15 - 13:00	Aquafit
18:45 - 19:45	Step & Tone
20:15 - 21:15	Yoga
Tuesday	
09:00 - 10:00	Fitness Pilates
10:05 - 11:05	Piloxing
11:30 - 12:30	Gentle Movement
12:30 - 13:15	Aquafit
19:00 - 20:00	Body Conditioning
20:15 - 21:15	Plyo
Wednesday	
08:00 - 09:00	Swim Fast Lane
09:30 - 10:30	Bodypump
10:45 - 11:45	Pilates
12:00 - 12:45	Zumba
17:25 - 18:25	Piloxing
18:35 - 19:35	Step & Tone
19:45 - 20:45	Yoga
Thursday	
10:30 - 11:30	Move More Circuit
12:15 - 13:00	Aquafit
17:30 - 18:15	Bodycombat
18:30 - 19:15	Aquafit
18:45 - 19:45	Kettlebells
20:00 - 21:00	Fitness Pilates
Friday	
07:30 - 08:15	Yoga
09:15 - 10:00	Bodypump
10:10 - 10:55	Bodybalance
11:30 - 12:15	Konga
19:15 - 20:15	Yoga
Saturday	
09:00 - 09:45	Bodypump
10:00 - 10:30	Bodycombat
10:35 - 11:05	Bodybalance
Sunday	