

# Adult Timetable



## Arbroath Sports Centre T: 01241 872999

### BTS Class Launch - Friday 6 April

<b>Monday</b>		
Power Cardio	07.00 - 07.30	**
Power Circuit	07.30 - 08.00	***
Power Hoop	08.00 - 08.30	***
AquaFit	13.00 - 14.00	*
Power Cardio	13.00 - 13.30	**
Power Circuit	13.30 - 14.00	***
Refer 2 Exercise (referrals only)	15.00 - 16.00	*
Power Hoop	17.00 - 17.45	**
Low Impact Workout	18.00 - 19.00	**
Body Combat	18.00 - 19.00	***
Football (disabilities 12+ & adult)	18.15 - 19.15	*
Body Pump	19.00 - 20.00	**
Adult Beginner Swim Lesson	19.30 - 20.30	**
Aqua Zumba	19.45 - 20.45	*
Body Balance	20.00 - 21.00	*

<b>Tuesday</b>		
Power Cardio	10.00 - 10.30	**
Power Circuit	10.30 - 11.00	***
Bums & Tums	18.00 - 19.00	**
Body Combat	18.00 - 19.00	***
Core Workout	18.30 - 19.00	**
Body Step	19.00 - 20.00	***
Boot Camp	19.00 - 20.00	***
Aqua Natal	19.45 - 20.45	*
Swimfit (led class)	20.45 - 21.45	**

<b>Wednesday</b>		
Power Boxing	07.30 - 08.00	***
Power Fitness	08.00 - 08.30	***
Low Impact Workout	09.00 - 10.00	**
Fit to Live	10.00 - 11.00	**
Power Cardio	13.00 - 13.30	**
Power Circuit Session	13.30 - 14.00	**
Easy Move Zumba	14.30 - 15.30	**
Body Combat	18.00 - 19.00	***
Body Pump (B)	19.00 - 20.00	**
AquaFit	19.45 - 20.45	*
Body Balance	20.00 - 21.00	*

<b>Thursday</b>		
AquaFit	13.00 - 14.00	*
Easy Move Aqua	15.00 - 15.45	*
Power Hoop	17.00 - 17.45	**
Zumba	18.00 - 19.00	**
Body Step	18.00 - 19.00	***
Bums & Tums	19.00 - 20.00	**
Boot Camp	19.00 - 20.00	***
Aqua Zumba	21.00 - 21.45	**

<b>Friday</b>		
Adult Swimming Lesson	12.00 - 13.00	*
Refer 2 Exercise (referrals only)	15.15 - 16.15	*
Body Pump	18.00 - 19.00	**

<b>Saturday</b>		
Power Cardio	09.00 - 09.30	**
Power Circuit Session	09.30 - 10.00	**
Body Combat	10.00 - 11.00	***
Aqua Zumba	11.00 - 12.00	**
Body Step	11.00 - 12.00	***

<b>Sunday</b>		
Zumba	18.00 - 19.00	**

## Arbroath Community Centre T: 01241 872999

<b>Monday</b>		
Refer 2 Exercise (Circuit)	10.15 - 11.15	*
Zumba	19.00 - 20.00	**

<b>Tuesday</b>		
Seated Exercise Class	12.00 - 13.00	*

<b>Wednesday</b>		
Zumba	10.00 - 11.00	**

<b>Thursday</b>		
Easy Move Circuit	18.00 - 19.00	**

<b>Friday</b>		
Zumba	18.00 - 19.00	**

## Brechin Leisure Centre T: 01356 623088

### BTS Class Launch - Friday 30 March

<b>Monday</b>		
Refer 2 Exercise (Circuit) (B)	09.00 - 10.00	*
RPM (B)	10.00 - 11.00	**
Body Attack (B)	18.00 - 19.00	**
RPM (B)	19.00 - 20.00	**
Body Pump (B)	19.00 - 20.00	**
Step (B)	20.00 - 21.00	**

<b>Tuesday</b>		
Zumba (B)	10.00 - 11.00	**
Seated Exercise (B)	12.00 - 13.00	*
Bums & Tums (B)	18.00 - 18.45	**
RPM (B)	18.00 - 19.00	**
Body Balance (B)	18.45 - 19.45	***

<b>Wednesday</b>		
Refer 2 Exercise (Circuit) (B)	09.00 - 10.00	*
Abs Attack (B)	10.00 - 10.30	*
Body Balance (B)	10.30 - 11.30	*
RPM (B)	18.00 - 19.00	**
Attack and Tone (B)	18.00 - 19.00	**
Body Pump (B)	19.00 - 20.00	**

<b>Thursday</b>		
Attack and Tone	09.30 - 10.30	**
Zumba (B)	10.30 - 11.30	**
Phase 4 (B)	14.00 - 15.30	*
Body Vive (B)	18.00 - 19.00	**
Abs Attack (B)	19.00 - 19.30	*
RPM (B)	19.30 - 20.30	**

<b>Friday</b>		
RPM (B)	09.30 - 10.30	**
Refer 2 Exercise (B) (Fitness Suite)	11.00 - 12.00	*
Body Vive (B)	10.30 - 11.30	**
RPM (B)	17.00 - 18.00	**
Body Pump (B)	18.00 - 19.00	**
Zumba (B)	19.00 - 20.00	**

<b>Saturday</b>		
Zumba (B)	10.00 - 11.00	**
RPM Enduro (B)	10.00 - 11.15	***

<b>Sunday</b>		
Refer 2 Exercise (B) (Fitness Suite)	18.30 - 19.30	*
Refer 2 Exercise (B) (Fitness Suite) Follow on	19.00 - 20.00	*

## Carnoustie Leisure Centre T: 01241 853246

### BTS Class Launch - Monday 9 April

<b>Monday</b>		
Body Pump (B)	09.30 - 10.30	**
Body Combat	10.30 - 11.30	**
Refer 2 Exercise	11.30 - 12.30	**
Zumba (B)	18.00 - 19.00	**
Indoor Group Cycling	18.15 - 19.15	**
Zumba in the Circuit	19.00 - 19.30	**
Body Combat	19.30 - 20.30	***
Abs Attack	20.30 - 21.00	*

<b>Tuesday</b>		
Legs, Bums & Tums	13.30 - 14.30	**
Body Pump (B)	18.00 - 19.00	**
Legs, Bums & Tums	19.00 - 20.00	**

<b>Wednesday</b>		
Body Combat	09.30 - 10.30	***
Zumba	10.30 - 11.30	**
Indoor Group Cycling (B)	18.00 - 19.00	**
Zumba	18.00 - 19.00	**
Refer 2 Exercise	18.15 - 19.15	*
Body Balance (B)	19.00 - 20.00	*

<b>Thursday</b>		
Long Term Condition Class (B)	09.30 - 10.30	*
Hula Hoop	13.00 - 13.30	*
Legs, Bums & Tums	13.30 - 14.30	**
Body Combat	18.30 - 19.30	***
RPM	19.15 - 20.15	**

<b>Friday</b>		
Body Combat	09.30 - 10.30	***
Phase 4	09.30 - 10.30	*
Seated Exercise Class	11.00 - 12.00	*
Zumba (B)	10.30 - 11.30	**
Indoor Group Cycling (B)	18.00 - 19.00	**

<b>Saturday</b>		
Indoor Group Cycling (B)	10.00 - 11.00	**
Aqua Fit (C.H.S) (Excl. the 1st Sat of month)	10.00 - 11.00	*

## Forfar Swimming Pool T: 01307 462995

<b>Monday</b>		
Aqua Zumba (B)	18.30 - 19.30	**

<b>Tuesday</b>		
Refer 2 Exercise	11.00 - 12.00	*
Aqua Natal	18.45 - 19.30	*

<b>Wednesday</b>		
Active Gold	10.00 - 11.00	*

<b>Friday</b>		
Aqua Zumba (B)	10.15 - 11.15	**

<b>Sunday</b>		
Adult Lessons (Beginner)	10.30 - 11.15	*
Swim Fit	11.15 - 12.00	*

## Lochside Leisure Centre T: 01307 464201

### BTS Class Launch - Saturday 31 March

<b>Monday</b>		
Body Balance	09.30 - 10.30	*
Phase 4	11.00 - 12.15	*
Cardio Abs	12.30 - 13.15	**
Refer 2 Exercise	14.00 - 15.00	*
Body Attack (B)	18.00 - 19.00	***
RPM/Indoor Group Cycling (B)	18.00 - 19.00	**
Abs Attack	19.00 - 19.30	**
RPM (B)	19.15 - 20.15	**
Zumba (B)	20.00 - 21.00	**

<b>Tuesday</b>		
Body Combat	09.45 - 10.45	***
Step Circuits	12.45 - 13.15	*
Gym Fit	13.45 - 14.45	**
Seated Exercise	14.00 - 15.00	*
Body Balance (B)	18.00 - 19.00	**
Body Combat (B)	18.00 - 19.00	**
Indoor Group Cycling (B)	18.00 - 19.00	***
Body Pump (B)	19.00 - 20.00	**
Gym Fit	19.00 - 20.00	*

<b>Wednesday</b>		
Body Vive	09.30 - 10.30	**
Body Pump	10.30 - 11.30	**
Phase 4/COPD/GP Referral	11.30 - 12.30	*
Abs Attack	12.45 - 13.15	*
Gym Fit Gold	14.00 - 15.00	**
Mixed Circuits	18.00 - 19.00	**
RPM (B)	18.00 - 19.00	**
Zumba	19.00 - 20.00	**
Gym Fit	19.00 - 20.00	*

<b>Thursday</b>		
Zumba	09.30 - 10.30	**
Gym Fit	09.30 - 10.30	**
Seated Exercise	11.00 - 12.00	*
Power Circuits	12.45 - 13.15	*
Refer 2 Exercise	14.00 - 15.00	*
Body Pump (B)	18.00 - 19.00	**
Indoor Group Cycling (B)	18.00 - 19.00	**
Gym Fit (B)	19.00 - 20.00	**
Fitness Pilates (B)	19.15 - 20.15	**

<b>Friday</b>		
Pilates (B)	09.30 - 10.30	*
Gym Fit (B)	09.30 - 10.30	**
Phase 4/COPD/GP Referral	10.30 - 11.30	*
Phase 4	11.30 - 12.45	*
RPM/Indoor Group Cycling (B)	18.00 - 19.00	**

<b>Saturday</b>		
Indoor Group Cycling	10.00 - 11.00	**
Zumba (B)	10.30 - 11.30	**
Body Combat	11.30 - 12.30	***

## Reid Hall, Forfar T: 01307 464201

<b>Monday</b>		
Fitness Pilates	17.30 - 18.30	*

<b>Tuesday</b>		
Zumba (B)	09.30 - 10.30	**

<b>Wednesday</b>		
Zumba (B)	19.45 - 20.45	**

<b>Thursday</b>		
Body Combat (B)	18.00 - 19.00	***
Zumba (B)	19.30 - 20.30	**

<b>Friday</b>		
Keep Fit Gold	10.00 - 11.00	*

## Montrose Sports Centre T: 01674 676211

### Fitness Suite now open at Wirren House T: 01674 672390

<b>Monday</b>		
Body Pump (Mill Street)	09.30 - 10.30	**
Pilates (Mill Street)	10.30 - 11.30	*
(every 2nd week starting 2 April)		
RPM (Town Hall)	13.00 - 14.00	**
Power Plate (Wirren House)	18.00 - 19.00	**
Boxercise (Town Hall)	18.00 - 19.00	**
Zumba (Town Hall)	19.00 - 20.00	**

<b>Tuesday</b>		
Combat (Mill Street)	09.30 - 10.30	***
Abs Attack (Mill Street)	10.30 - 11.00	*
Phase 4 (Mill Street)	12.00 - 13.30	*
RPM (Town Hall)	13.00 - 14.00	**
Body Pump (Mill Street)	18.00 - 19.00	**
Zumba (Mill Street)	19.00 - 20.00	**
Zumba (Mill Street)	20.00 - 21.00	**
Bums & Tums (Montrose Academy Studio)	18.00 - 19.00	**

<b>Wednesday</b>		
Body Combat (Mill Street)	09.30 - 10.30	***
Bodystep (Mill Street)	10.30 - 11.30	**
Power Plate/Circuit (Wirren House)	09.30 - 10.15	**
Power Plate/Circuit (Wirren House)	10.15 - 11.00	**
RPM (Town Hall)	13.00 - 14.00	**
RPM (Town Hall)	18.00 - 19.00	**
GP Referral (Wirren House)	18.00 - 19.00	*
Combat (Town Hall)	19.00 - 20.00	***
Body Balance (Montrose Academy Studio)	19.00 - 20.00	*

<b>Thursday</b>		
Stability Ball/Abs (Wirren House)	09.15 - 09.45	*
Stability Ball (Wirren House)	09.45 - 10.15	*
Power Plate (Wirren House)	10.15 - 11.00	**
Boxercise (Mill Street)	09.30 - 10.30	**
Pilates (Mill Street)	10.30 - 11.30	*
GP Referral (Wirren House)	11.00 - 12.00	**
RPM (Town Hall)	13.00 - 14.00	**
RPM (Town Hall)	18.00 - 19.00	**
Bums & Tums (Montrose Academy Studio)	18.00 - 19.00	**
Body Combat (Town Hall)	19.00 - 20.00	***

<b>Friday</b>		
Body Pump (Mill Street)	09.30 - 10.30	**
Zumba (Mill Street)	10.30 - 11.30	**
Stability Ball/Abs (Wirren House)	09.30 - 10.15	*
Power Plate/Circuit (Wirren House)	10.15 - 11.00	**
RPM (Town Hall)	13.00 - 14.00	**
Seated Exercise (Mill Street)	13.00 - 14.00	*
Phase 4 (Mill Street)	17.00 - 18.00	*

<b>Saturday</b>		
RPM (Town Hall)	09.15 - 10.15	**
Body Pump (Mill Street)	10.45 - 11.45	**

## Montrose Swimming Pool T: 01674 672026

<b>Monday</b>		
Swimfit	17.00 - 18.00	*

<b>Tuesday</b>		
Aqua Aerobics	10.00 - 11.00	*

<b>Wednesday</b>		
Active Gold Session	09.00 - 11.00	*
Aqua Zumba	10.00 - 11.00	**

<b>Thursday</b>		
Aqua Fit (Every 2nd week starting 5 April)	19.30 - 20.30	**

<b>Friday</b>		
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