

# ADULT TIMETABLE

## October 2017 - March 2018

### Arbroath Sports Centre 01241 438190

<b>Monday</b>		
Swimming lessons	12:20-13:00	*
Aquafit	13:00-14:00	*
Zumba	18:00-19:00	*
Bodybump	19:00-20:00	**
Bodybalance	20:00-21:00	*
<b>Tuesday</b>		
Metafit	18:00-18:30	***
Bodycombat	18:00-18:30	***
Bodybump	18:30-19:00	**
Bums and Tums	18:30-19:00	**
Bodystep	19:00-20:00	**
Swimming Lessons	19:30-20:15	*
<b>Wednesday</b>		
Metafit	07:00-07:30	***
Power Plates	07:30-08:00	*
Power Plates	08:00-08:30	*
Hula Hoop	09:15-09:45	**
Power Plates	09:45-10:15	*
Gym Circuits	10:15-11:15	*
Core Conditioning	17:30-18:00	***
Bodycombat	18:00-18:45	***
Power Plates	18:45-19:45	*
Bodybump	19:00-20:00	**
Aquafit	19:45-20:45	*
Bodybalance	20:00-21:00	*
<b>Thursday</b>		
Aquafit	13:10-14:10	*
Hula Hoop	17:00-17:45	**
Bodystep	18:00-19:00	***
PiYo	19:00-20:00	*
<b>Friday</b>		
Metafit	07:00-07:30	***
Core Conditioning	07:30-08:00	**
Power Plates	08:00-08:30	*
Metafit	17:30-18:00	***
Bodybump	18:00-19:00	**
<b>Saturday</b>		
Bodystep Express	09:00-09:30	***
Power Plates	09:30-10:30	*
Metafit	10:30-11:00	***
Aqua Zumba	11:00-12:00	*

### Brechin Community Campus 01356 627474

<b>Monday</b>		
RPM	10:00-11:00	**
RPM	17:45-18:45	**
Bodyvive 3.1	18:00-18:45	**
Bodybump	18:45-19:45	**
Aqua Aerobics	19:00-20:00	**
Pilates	20:15-21:00	*
<b>Tuesday</b>		
Bodycombat	09:30-10:30	***
Sprint	10:35-11:05	***
Bums and Tums	18:00-19:00	**
Kettleercise	18:15-19:00	**
Swimming Lessons (Beginner & Stroke Improvement)	18:00-19:00	*
Bodybalance	19:00-20:00	*
<b>Wednesday</b>		
Aqua Aerobics	10:35-11:35	*
Kettleercise	10:00-10:45	**
Bodybalance	10:45-11:30	*
RPM	18:00-19:00	**
Bodybump	19:00-20:00	**
<b>Thursday</b>		
Zumba	09:30-10:30	*
Bodybump	10:30-11:30	**
Bodybalance (Inglis Memorial Hall)	18:00-19:00	*
RPM	18:00-19:00	**
Bootcamp	18:30-19:30	**
Metafit	19:00-19:30	**
Bodyvive 3.1	19:00-19:45	**
SPRINT	19:30-20:00	***
Yoga	20:00-21:00	*
<b>Friday</b>		
RPM	06:30-07:30	**
RPM	09:30-10:30	**
Fit Steps	10:30-11:30	*
RPM	17:00-18:00	**
Bodybump	18:00-19:00	**
Strong by Zumba	18:30-19:15	**
Zumba	19:15-20:00	*
<b>Saturday</b>		
Powerhoop	09:00-09:30	**
Zumba Gold	09:30-10:15	*
Beginners Yoga	10:15-11:00	*

### Carnoustie Sports Centre 01241 803590

<b>Monday</b>		
Bodybump	09:30-10:30	**
Baby & Me	10:30-11:00	*
Yoga	10:30-11:30	*
Zumba Gold	12:30-13:30	*
Zumba	18:00-19:00	*
Indoor Group Cycling	18:00-19:00	**
Hula Hoop	19:00-19:30	**
Circuits	19:00-20:00	**
Bodycombat	19:30-20:30	***
<b>Tuesday</b>		
Active Gold - Leisure Club	10:00-12:00	*
Kettlebells HIIT	18:00-18:30	**
Box Fit	18:30-19:00	**
Bodybalance	19:00-20:00	*
RPM	19:00-20:00	**
<b>Wednesday</b>		
Strong	09:30-10:30	**
Zumba	10:30-11:30	*
Athletic Stretch	11:30-12:00	*
Circuits	18:00-19:00	**
RPM	18:00-19:00	**
Bodycombat	19:00-20:00	***
<b>Thursday</b>		
Active Gold - Walking Netball	14:00-15:00	*
Strong	18:00-19:00	**
Dance Fitness	18:30-19:30	*
Yoga	19:30-20:30	*
<b>Friday</b>		
Bodycombat	09:30-10:30	***
Zumba	10:30-11:30	*
Bodybalance	10:30-11:30	*
Hula Hoop	11:30-12:00	**
RPM	18:00-19:00	**
<b>Saturday</b>		
Aqua Fit (C.H.S.)	09:15-10:15	*
RPM	09:15-10:15	**

### Forfar Community Campus 01307 476006

<b>Monday</b>		
Bodybalance	09:30-10:30	*
Abs Attack	12:30-13:00	**
Football (disabilities) (12+ to adult)	17:30-19:00	*
Indoor Group Cycling	18:30-19:30	**
Kettlebells	18:00-19:00	**
Metafit	18:15-18:45	***
Abs Attack	18:45-19:15	*
Aqua Zumba	18:30-19:30	*
<b>Tuesday</b>		
Zumba	09:30-10:30	*
Aqua Zumba	10:00-11:00	*
Indoor Group Cycling	12:30-13:15	**
Bodybalance	18:00-19:00	*
Bodycombat	18:00-19:00	***
Bodybump	19:00-20:00	**
<b>Wednesday</b>		
Bodybump	09:30-10:30	**
Gold Club- Aqua	10:00-11:00	*
Metafit	10:30-11:00	***
Abs	11:00-11:30	**
Shape & Tone	12:00-13:00	**
Bodyattack	18:00-19:00	***
Indoor Group Cycling	18:00-19:00	**
Zumba	19:00-20:00	*
Bootcamp	19:00-20:00	***
Beginners weightlifting-ladies session	19:00-20:00	**
Beginners weightlifting - gents session	20:00-21:00	**
<b>Thursday</b>		
Zumba	09:30-10:30	*
Gymfit	09:30-10:30	**
Kettlebells	18:00-19:00	**
Bodycombat	18:00-19:00	***
SPRINT	18:00-18:30	***
Gymfit	19:00-20:00	**
Bodybump	19:15-20:15	**
<b>Friday</b>		
Swimming Lessons- beginners	09:15-10:15	*
Swimming Lessons- advanced	09:30-10:30	*
Pilates	09:30-10:30	*
Gymfit	09:30-10:30	**
Indoor Group Cycling	12:30-13:15	**
Bodyattack	18:00-19:00	***

### Forfar Cont.

<b>Saturday</b>		
Aqua Aerobics	09:00-09:45	*
Cardio Abs	09:15-10:15	**
Zumba	10:00-11:00	*
Bodycombat	11:00-12:00	***

### Montrose Sports Centre 01674 662666

<b>Monday</b>		
RPM	07:15-08:00	**
Bodycombat	09:30-10:30	***
Aqua Aerobics	09:30-10:30	*
Bodybump	10:30-11:30	**
Fitness Pilates	10:30-11:30	**
Kettleercise Express	13:00-13:30	**
Metafit	13:30-14:00	***
SPRINT	17:30-18:00	***
Hula Hoop	18:00-19:00	**
Bodybump	18:00-19:00	**
Aqua Aerobics	18:00-19:00	*
Bodyattack	19:00-20:00	***
Bodybalance	20:00-21:00	*
Swimming Lessons	20:00-21:00	*
<b>Tuesday</b>		
Pilates	07:15-08:00	**
Aqua Aerobics	09:00-10:00	*
Band Resistance	09:30-10:00	**
Weigh to Go	10:00-11:00	**
Kettleercise	10:00-11:00	**
Aqua Aerobics	10:00-11:00	*
Hula Hoop	11:00-12:00	**
RPM	13:00-14:00	**
Bums and Tums	18:00-19:00	**
Bodybump	18:00-19:00	*
Bodybalance	18:00-19:00	*
Indoor Group Cycling	19:00-20:00	**
Zumba	20:00-21:00	***
<b>Wednesday</b>		
RPM	07:15-08:00	**
Aqua Aerobics (Vintage Club only)	09:00-10:00	*
Bums and Tums	09:30-10:30	**
Aqua Fit	10:00-11:00	*
Bodyattack	10:30-11:30	***
Powerplate & Abs	10:30-11:30	*
RPM	18:15-19:15	**
Bodycombat	18:00-19:00	***
Kettleercise	19:15-20:00	**
Bodybalance	20:00-21:00	*
<b>Thursday</b>		
RPM	07:15-08:00	**
Fitness Pilates	09:30-10:30	*
Bodycombat	10:30-11:30	***
Kettleercise	10:30-11:30	**
Table Tennis (disabilities) (12+ to adult)	16:00-17:00	*
Zumba	18:00-19:00	*
Bodyattack	18:00-19:00	***
Bodybump	19:00-20:00	**
Aqua Aerobics	19:30-20:30	*
SPRINT	20:15-20:45	**
<b>Friday</b>		
SPRINT	07:15-07:45	***
Bodybump	09:30-10:30	**
Powerplate	09:30-10:30	*
Metafit	09:30-10:00	***
Abs	10:00-10:30	**
Bodybalance	10:30-11:30	*
Stability Ball	10:30-11:30	*
Cardio Pump	12:15-13:00	**
Fitness Pilates	13:00-14:00	*
Hula Hoop	13:00-14:00	**
Weigh to Go	17:30-18:30	**
RPM	18:00-19:00	**
Aqua Zumba	18:30-19:30	*
Swimming Lessons	20:00-21:00	*
<b>Saturday</b>		
RPM	09:15-10:15	**
Bodybalance	09:15-10:15	*
Bodybump	10:15-11:15	**
<b>Sunday</b>		
RPM	09:15-10:15	**

### Saltire Sports Centre 01241 438290

<b>Monday</b>		
KB Blitz	10:00-10:30	**
RPM	10:00-11:00	***
Express Bodyattack	10:30-11:00	**
Metafit	18:00-18:30	***
Bodycombat	18:00-19:00	***
Abs	18:30-19:00	**
RPM	19:00-20:00	**
<b>Tuesday</b>		
Bodybump	09:45-10:45	**
Yoga	09:45-11:00	*
Metafit	10:45-11:15	***
Boccia (disabilities) (12+ to adult)	18:30-20:30	*
RPM	18:00-19:00	**
Kettlebells	18:00-18:45	**
Bodyattack	18:45-19:30	***
<b>Wednesday</b>		
Bodyvive 3.1	09:45-10:45	**
Kettlebells	10:45-11:15	**
Yoga	17:30-18:30	*
Multi Sports (disabilities) (12+ to adult)	19:00-21:00	*
RPM	19:00-20:00	**
<b>Thursday</b>		
Bodybump	09:45-10:45	**
Abs	10:45-11:15	**
KB Blitz	18:00-18:30	**
Boccia (disabilities) (12+ to adult)	18:00-20:00	*
RPM	18:00-19:00	**
Bodyattack	18:30-19:30	***
<b>Friday</b>		
Bodyvive 3.1	09:45-10:45	**
Indoor Group Cycling	10:45-11:45	**
Bodycombat	18:00-19:00	***
<b>Saturday</b>		
RPM	09:15-10:15	**
Bodycombat	09:15-10:15	***
Bodybump	10:15-11:15	**

### Webster's Sports Centre 01575 577177

<b>Monday</b>		
Zumba	18:00-19:00	*
RPM	19:30-20:30	**
Bodycombat	19:00-20:00	***
<b>Tuesday</b>		
Metafit	17:30-18:00	***
RPM	18:00-18:30	**
Bodybump	19:00-20:00	**
Bodybalance	20:00-21:00	*
<b>Wednesday</b>		
Circuits	18:00-18:30	**
Abs Attack	18:30-19:00	*
RPM	19:00-20:00	**
<b>Thursday</b>		
Bodybump	18:00-19:00	**
Bodybalance	19:00-20:00	*
Indoor Group Cycling	19:00-20:00	**
Yoga	20:00-21:00	*
<b>Friday</b>		
Metafit	17:30-18:00	***
<b>Saturday</b>		
RPM	08:15-09:00	**
Bodybump	09:30-10:30	**
<b>Sunday</b>		
RPM	08:15-09:00	**

For other disability sport sessions please visit [www.angusalive.scot](http://www.angusalive.scot)

Book in for your class up to 7 days in advance at any of the facility main reception areas or by phone. You must have a bACTIVE card to pre-book. If you can't attend then you must let us know so your space can be re-allocated. Price for general fitness classes £5.40 (other prices may vary) Class may be cancelled if attendance doesn't rise

Red text indicates low numbers and class may be discontinued  
\* Low intensity \*\*\* High Intensity  
\*\* All Abilities (F) Suitable for families (children 12+)



**BE ACTIVE... live well**

This is a focused exercise programme aimed at the older adult and/or those within a specialist group who have to manage a long term condition.

The programme may benefit those who haven't exercised before or who have not been active for some time and just don't know where to start.

<b>Arbroath Sports Centre</b>		
Monday	Gym Class	14:30-15:30
Tuesday	Seated Exercise Class	09:45-10:45
Thursday	Circuits	18:00-19:00
Friday	Gym Class	14:00-15:00
<b>Brechin Community Campus</b>		
Monday	Circuits	09:00-10:00
Monday	Gym Class	10:30-11:30
Tuesday	Seated Exercise Class	12:00-13:00
Wednesday	Circuits	09:00-10:00
Wednesday	Gym Class	19:30-20:30
Thursday	Seated Exercise Class	12:00-13:00
Thursday	Circuits	14:00-15:00
Friday	Gym Class	10:30-11:30
<b>Carnoustie Sports Centre</b>		
Monday	Gym Class	11:30-12:30
Tuesday	Circuits	14:30-15:30

Wednesday	Gym Class	18:15-19:15
Thursday	Circuits	09:30-10:30
Friday	Circuits	09:30-10:30
Friday	Seated Exercise	11:00-12:00
<b>Forfar Community Campus</b>		
Monday	Circuits	11:00-12:15
Monday	Gym Class	14:00-15:00
Tuesday	Aqua	11:00-12:00
Tuesday	Seated Exercise	14:00-15:00
Wednesday	Gym Class	11:00-12:00
Thursday	Seated Exercise	11:00-12:00
Thursday	Gym Class	14:00-15:00
Friday	Circuits	11:00-12:15
<b>Montrose Sports Centre</b>		
Monday	Gym Class	14:30-15:30
Tuesday	Circuits	13:20-14:20
Wednesday	Circuits	12:00-13:00
Wednesday	Gym Class	13:30-14:30

Thursday	Circuits	13:00-14:00
Thursday	Aqua	14:30-15:30
Friday	Seated Exercise	14:30-15:30
Friday	Circuits	17:00-18:00
<b>Saltire Sports Centre</b>		
Monday	Circuits	09:00-10:00
Monday	Circuits (ACC)	09:30-10:30
Wednesday	Circuits	11:15-12:15
Wednesday	Circuits	13:00-14:00
Wednesday	Gym Class	14:00-15:00
Thursday	Seated Exercise	