

# ADULT TIMETABLE

## October 2017 - March 2018

### Arbroath Sports Centre 01241 438190

Monday		
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	*
Tuesday		
Metafit	18:00-18:30	***
Bootcamp	18:00-18:45	***
Bodycombat	18:00-18:30	***
Bodybump	18:30-19:00	**
Bums and Tums	18:30-19:00	**
Cardio Boxing	18:45-19:30	**
Bodystep	19:00-20:00	**
Swimming Lessons	19:30-20:15	*
Wednesday		
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	*
Thursday		
Aquafit	13:10-14:10	*
Hula Hoop	17:00-17:45	**
Bodystep	18:00-19:00	***
PIYo	19:00-20:00	*
Cardio Boxing	19:00-20:00	**
Friday		
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	**
Saturday		
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

Monday		
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	**
Tuesday		
Bodycombat	09:30-10:30	***
Sprint	10:35-11:05	***
Bums and Tums	18:00-19:00	**
Kettlecise	18:15-19:00	**
Swimming Lessons (Beginner & Stroke Improvement)	18:00-19:00	*
Bodybalance	19:00-20:00	*
Strong by Zumba	19:00-20:00	**
Power Hoop	20:00-20:45	*
Wednesday		
Aqua Aerobics	10:35-11:35	**
Kettlecise	10:00-10:45	**
Bodybalance	10:45-11:30	*
Bodycombat	18:00-19:00	***
RPM	17:45-18:45	**
Bodybump	18:45-19:45	**
SPRINT	19:00-19:30	***
Thursday		
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	*
Friday		
RPM	06:30-07:30	**
RPM	09:30-10:30	**
Fit Steps	10:30-11:30	*

### Brechin Cont.

RPM	17:00-18:00	**
Bodybump	18:00-19:00	**
Strong by Zumba	18:15-19:00	**
Zumba	19:00-20:00	*
Saturday		
Powerhoop	09:00-09:30	**
Zumba Gold	09:45-10:15	*

### Carnoustie Sports Centre 01241 803590

Monday		
Bodybump	09:30-10:30	**
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	***
Tuesday		
Active Gold - Leisure Club	10:00-12:00	*
Kettlebells HIIT	18:00-18:30	**
Box Fit	18:30-19:00	**
RPM	19:00-20:00	**
Wednesday		
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	***
Thursday		
Active Gold - Walking Netball	15:00-16:00	*
Strong	18:00-19:00	**
Dance Fitness	18:30-19:30	*
Yoga	19:30-20:30	*
Friday		
Bodycombat	09:30-10:30	***
Zumba	10:30-11:30	*
Hula Hoop	11:30-12:00	**
RPM	18:00-19:00	**
Saturday		
Aqua Fit (C.H.S.)	09:15-10:15	*
RPM	09:15-10:15	**

### Forfar Community Campus 01307 476006

Monday		
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	*
Tuesday		
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	**
Wednesday		
Bodybump	09:30-10:30	**
Gold Club- Aqua	10:00-11:00	*
Metafit	10:30-11:00	***
Abs	11:00-11:30	**
Shape & Tone	11:30-12:15	**
Yoga	11:30-12:15	*
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	**
Thursday		
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	**

### Forfar Cont.

Friday		
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	***
Saturday		
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

Monday		
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	**
Kettlecise 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	*
Tuesday		
Pilates	07:15-08:00	**
Aqua Aerobics	09:00-10:00	*
Band Resistance	09:30-10:00	**
Weigh to Go	10:00-11:00	**
Kettlecise	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	**
Bodyattack	20:00-21:00	***
Wednesday		
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	*
Hatton Boxing	17:15-18:00	**
RPM	18:15-19:15	**
Bodycombat	18:00-19:00	**
Kettlecise	19:15-20:00	**
Bodybalance	20:00-21:00	*
Thursday		
RPM	07:15-08:00	**
Fitness Pilates	09:30-10:30	*
Bodycombat	10:30-11:30	***
Kettlecise	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	***
Friday		
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	*
Saturday		
RPM	09:15-10:15	**
Bodybalance	09:15-10:15	*
Bodybump	10:15-11:15	**
Sunday		
RPM	09:15-10:15	**
Bodybump	10:15-11:15	**

### Saltire Sports Centre 01241 438290

Monday		
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	**
Indoor Group Cycling	19:00-20:00	**
Tuesday		
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	***
Wednesday		
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	**
Thursday		
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	***
Friday		
Bodyvive 3.1	09:45-10:45	**
Indoor Group Cycling	10:45-11:45	**
Bodycombat	18:00-19:00	***
Saturday		
RPM	09:15-10:15	**
Bodycombat	09:15-10:15	***
Bodybump	10:15-11:15	**

### Webster's Sports Centre 01575 577177

Monday		
Zumba	18:00-19:00	*
RPM	19:30-20:30	**
Bodycombat	19:00-20:00	***
Tuesday		
Metafit	17:30-18:00	***
RPM	18:00-18:30	**
Bodybump	19:00-20:00	**
Bodybalance	20:00-21:00	*
Wednesday		
Circuits	18:00-18:30	**
Abs Attack	18:30-19:00	*
RPM	19:00-20:00	**
Thursday		
Zumba Gold (Kirkmuir Town Hall)	11:30-12:15	*
Yoga (Kirkmuir Town Hall)	12:15-13:00	*
Bodybump	18:00-19:00	**
Bodybalance	19:00-20:00	**
Indoor Group Cycling	19:00-20:00	*
Yoga	20:00-21:00	*
Friday		
Aqua Fit	08:45-09:30	*
Pilates	09:45-10:45	*
Metafit	17:30-18:00	***
Saturday		
RPM	08:15-09:00	**
Bodybump	09:30-10:30	**
Sunday		
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+)



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.

Arbroath Sports Centre		
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
Brechin Community Campus		
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
Carnoustie Sports Centre		
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
Forfar Community Campus		
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
Montrose Sports Centre		
Monday	Gym Class	14:3