

WELCOME BACK

Start	End	Name of Class
Monday		
7.10am	7.40am	Express Spin
9.10am	9.55am	Spin
10.10am	10.55am	Kettlercise
11.15am	12.00pm	Senior Easy Exercise
12.15pm	12.45pm	Metafit
5.15pm	6.00pm	Spin
6.15pm	7.00pm	Core Strength
7.15pm	8.00pm	Spin
Tuesday		
7.10am	7.40am	Metafit
9.15am	10.00am	Senior Easy Exercise
10.15am	11.00am	Power Fit
11.15am	12.00pm	Beginners Spin
12.30pm	1.00pm	Express Spin
5.15pm	6.00pm	Spin
6.15pm	7.00pm	Kettlercise
7.15pm	8.00pm	Hips, Bums & Tums 14+
Wednesday		
9.30am	10.15am	Kettlercise
10.30am	11.15am	Spin
12.15pm	12.45pm	Metafit
1.15pm	2.00pm	Aqua Aerobics
5.15pm	6.00pm	Spin
6.15pm	7.00pm	Box 'n' Tone 14+

7.15pm	8.00pm	Kettlebells
Thursday		
10.15am	11.00am	Spin
11.15am	12.15pm	Easy Exercise
12.30pm	1.00pm	Express Core
5.15pm	6.00pm	Aero Combat 14+
6.15pm	7.00pm	Spin
7.15pm	8.00pm	Kettlercise
Friday		
7.10am	7.40am	Metafit
9.10am	9.55am	Core Strength
10.15am	11.00am	Easy Box 'n' Tone 14+
11.15am	12.00pm	Tai Chi
12.15pm	12.45pm	Metafit
1.00pm	1.30pm	Express Spin
4.45pm	5.30pm	Spin
5.45pm	6.15pm	Metafit
6.30pm	7.15pm	Core Strength
Saturday		
9.15am	10.00am	Spin
10.15am	10.45am	Metafit
11.00am	11.45am	Spin
Sunday		
9.30am	10.15am	Spin
10.30am	11.15am	Core Strength
11.30am	12.15pm	Spin

The symbol 14+ indicates classes that 14 & 15 year olds can access.

Please report to reception or use kiosk to receive your ticket and record your attendance

Please be courteous to your fellow group fitness participants and cancel your booking if you are unable to attend.

N.B. If you do not swipe your attendance to class within 5 minutes prior to class starting, you may lose your space, due to others waiting to attend.

Management reserve the right to alter these classes as and when required



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Start	End	Name of Class
Monday		
9.15am	10.00am	Spin
10.30am	11.30am	Tai Chi
10.30am	11.15am	Body Pump
1.15pm	2.00pm	Aqua Aerobics
5.15pm	5.45pm	Spin
5.30pm	6.00pm	Core Strength
6.00pm	6.45pm	Spin
6.15pm	7.15pm	Body Combat 14+
Tuesday		
9.45am	10.30am	Senior Easy Exercise
12.15pm	1.00pm	Spin
5.30pm	6.30pm	Body Pump
6.15pm	7.00pm	Spin
7.15pm	8.00pm	Body Combat 14+
Wednesday		
10.15am	11.00am	Body Pump
11.15am	12.00pm	Yoga 14+
12.15pm	1.00pm	Body Combat 14+
1.15pm	2.00pm	Aqua Aerobics
5.15pm	6.00pm	Spin
6.10pm	6.55pm	Body Pump
7.15pm	8.00pm	Body Balance 14+
Thursday		
9.15am	10.00am	Body Pump

10.35am	11.30am	Senior Easy Exercise
5.15pm	6.00pm	Hips, Bums & Tums 14+
6.10pm	6.55pm	Yoga 14+
6.10pm	6.55pm	Spin
7.10pm	7.55pm	Core Strength
Friday		
7.10am	7.55am	Spin
9.15am	10.15am	Body Pump
12.15pm	1.00pm	Yoga 14+
1.15pm	2.00pm	Aqua Aerobics
4.15pm	4.45pm	Express Spin
5.15pm	6.00pm	Body Combat 14+
5.15pm	5.45pm	Express Spin
Saturday		
9.15am	10.00am	Spin
9.45am	10.30am	Body Pump
10.45am	11.30am	Yoga 14+
Sunday		
9.15am	10.00am	Spin
9.45am	10.30am	Body Combat 14+
11.00am	12.00pm	Pilates 14+

Meadow Centre: **01389 734094**

Vale of Leven Swimming Pool: **01389 756931**

Clydebank Leisure Centre: **0141 951 4321**

Book Online at **www.wdleisure.net**

Company No. SC413707 VAT Registration No. GB 129 7502 04 Charity No: SC042999

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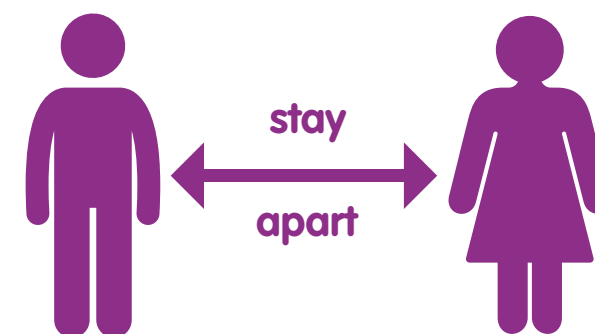


Book Online at **www.wdleisure.net**

WELCOME BACK

Start	End	Name of Class
Monday		
9.15am	10.15am	Pilates 14+
10.30am	11.30am	Senior Easy Exercise
1.15pm	2.00pm	Aqua Aerobics
12.00pm	1.00pm	Tai Chi
5.00pm	5.45pm	3G Bootcamp 14+
5.15pm	6.15pm	Kettlercise
6.45pm	7.30pm	Core Strength
Tuesday		
10.15am	11.15am	Pilates 14+
1.15pm	2.00pm	Aqua Aerobics
1.15pm	2.15pm	Yoga 14+
5.15pm	6.00pm	Step
6.15pm	7.00pm	20 / 20 14+
7.15pm	8.00pm	Callanetics
Wednesday		
9.30am	10.15am	20 / 20 (Easy) 14+
10.30am	11.00am	Express Hips, Bums & Tums 14+
5.15pm	6.00pm	Pilates 14+
6.15pm	7.00pm	Pilates 14+
7.15pm	8.00pm	Yoga 14+
Thursday		
10.15am	11.00am	Core Strength
5.00pm	5.45pm	Box 'n' Tone 14+
6.00pm	6.30pm	Express Pump

7.00pm	7.45pm	Kettlebells
Friday		
9.15am	10.00am	Pump Fitness
10.15am	11.15am	Pilates 14+
5.15pm	6.00pm	Kettlercise
Saturday		
9.15am	10.00am	Kettlebells
10.15am	11.15am	Pilates 14+
11.30am	12.15pm	Pilates 14+
Sunday		
9.45am	10.15am	Express Jungle Body
10.30am	11.15am	20 / 20 14+
11.30pm	12.00pm	Express Hips, Bums & Tums 14+



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