

Fitness Class Timetable

January - April 2019

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**Group fitness at the
biggest club in town**

740+
FITNESS CLASSES
PER WEEK

Edinburgh Leisure
The Biggest Club in Town

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Group fitness with something for everyone...



Welcome to our January - April 2019 edition of the Edinburgh Leisure Fitness Class timetable!

11 venues, 740+ classes and 250+ instructors - Edinburgh Leisure really is the Biggest Club in Town. Whatever your goal may be; to lose weight, tone up, gain muscle, socialise or improve your general fitness - we have a fantastic programme of classes designed to cater to all areas of fitness.

We have friendly and qualified instructors focused on providing you with the highest level of service to motivate and inspire you and lead your fitness journey.

We hope you find everything you are looking for in this booklet.

Class scale intensity explained...

The icons below help our customers understand the intensity of each class and help gauge the right level of class for each individual.

At Edinburgh Leisure, we know everyone is different and what one person finds a challenging class, another might find it a breeze, so it is important for us to explain to all what each class level is.

Low intensity	
Medium intensity	
High intensity	

Note this is just a guide. All of our classes do offer different levels and our instructors will demonstrate this throughout the class, so you will always know the best option for you.

In 2019, we plan to further reduce the number of paper copies of our fitness class timetable, please help us protect the environment by downloading the timetable on our website.

Class Descriptions

As we have such a variation of different classes on offer, these descriptions should help to explain what each class is and provides you a taster of what to expect.



Cardio

Cardio exercise is any workout that raises your heart rate, making your heart muscle stronger. A stronger heart and cardio-vascular system means day to day activities will become easier and improve everyday life.

BODYATTACK ♥♥♥♥

A simple, motivating and satisfying workout which will deliver results. This will suit all participants using high energy interval training techniques.

BODYCOMBAT ♥♥♥♥

A unique blend of various combat sports giving you a fat burning, strength-gaining workout.

BODYSTEP ♥♥♥♥

The ultimate step class with simple yet effective choreography.

BOXING CIRCUITS ♥♥♥♥

Skipping, shadowboxing, pad work, bag work, station based exercise, body weight training, partner based drills, plyometrics and core specific drills. Improves all aspects of fitness including coordination, balance, speed and agility.

BOXERCISE ♥♥♥♥

Punch your way to a perfect physique. A combination of hand to eye coordination, balance and timing in a fun and energetic class open to all abilities.

CARDIO TENNIS ♥♥♥♥

A fun group activity featuring drills to give players of all abilities an ultimate, high energy workout.

GRIT™ CARDIO ♥♥♥♥

GRIT™ Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximises calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

GRIT™ PLYO ♥♥♥♥

GRIT™ Plyo is a 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body.

GUAG GYM ♥

A Get Up and Go coach-led, group gym session, which uses cardio machines and resistance equipment to help improve participant's aerobic ability and muscular strength and endurance.

GROUP CYCLING ♥♥♥♥

Making fitness more powerful and original in indoor cycling. Group cycling will quickly deepen your understanding and connection to power based training and how it can benefit your fitness in strength, endurance and sprints.

INSANITY ♥♥♥♥

Insanity is a high intensity class that will take your workouts to a new high using only your own body weight. You work flat out in 3 to 5 minute blocks, and take breaks only long enough to gulp some air and get right back to work.

METAFIT ♥♥♥♥

An effective and simple workout that gets big results. Burning fat by raising your resting metabolism, Metafit combines traditional body weight exercises with high intensity interval and Tabata training.

POUND ♥♥♥

Pound® is the world's first cardio jam session inspired by the infectious fun of playing the drums using Ripstix®, which are lightly weighted drumsticks engineered specifically for exercising. A full body workout suitable for all ages and abilities.

RPM ♥♥♥♥

A fun, athletic, cardiovascular cycling workout that guarantees to leave you on a high and wanting more.

STEP AEROBICS ♥♥♥♥

Fun, fat blasting, step fusion!

SPRINT ♥♥♥♥

A class built on high-intensity interval training (HIIT). The short duration of a LES MILLS SPRINT workout will motivate you to push your physical and mental limits in the cycle studio environment.

PERFORMANCE TRAINING ♥♥♥♥

A structured, coach-led training ride which includes all the components of cycling fitness – endurance, speed, power and strength. Training is indoors but will boost your fitness on the road or trail. Uses the latest digital technology to track your performance and fitness goals.

VIRTUAL AEROBICS ♥♥♥

This aerobics class will improve coordination as well as overall fitness and conditioning. You will be introduced to movement patterns and dance inspired steps for a fun cardio workout.

VIRTUAL CYCLING ♥♥♥

Virtual Cycling is technology that allows you to take a virtual instructor led class throughout scenic environments in our very own studio. These classes complement our busy RPM and SPRINT classes.

VIRTUAL HIIT ♥♥♥♥

Work your way up and down the interval pyramid for a workout that will have you sweating and feeling the burn. This HIIT session demands results.

VIRTUAL POWER ♥♥♥♥

Virtual Power will push your cardio edge into high gear and attack the legs in every plane of motion. This incredible 60 minute workout features 12 track class design that caters to all fitness levels. The strength shots offer short intense bursts of core and upper body training exercises to provide a workout from head to toe.

VIRTUAL WAR ♥♥♥♥

WAR. It's not just a class. It's WAR... on obesity and inactivity. WAR gets you off the couch, out of your office, and into an exhilarating total body workout where a fusion of martial arts meets chart-topping music.



Conditioning

If you're aiming for the body beautiful, try some conditioning classes. You can strengthen and tone your whole body, or just concentrate on certain areas like tums, bums and thighs. We have classes focused on core strength and stability - helping you improve posture, flexibility and back health. Our various conditioning classes use different techniques and equipment.

15/15/15 ♥♥♥

15/15/15 combines 15 minutes of cardio, 15 minutes of conditioning and 15 minutes of core work utilising resistance bands and light weights. Suitable for all fitness levels with music you will know and love.

ACTIVE LIFE ♥

An exercise class designed to improve mobility by combining aerobic, muscular endurance, core stability and flexibility exercises.

ACTIVE MUMS ♥

A great place to start your return to fitness without having to worry about childcare as children under 5 are welcome in the studio. The class will vary each week from core conditioning, strength building circuits, endorphin-boosting cardio and fun-loving dance, to leave you on a high. New mums must have had their 6-week check from the doctor.

ACTIVE SIT ♥

Chair based class with a focus on improving strength, balance and confidence in everyday movements.

BARRE ♥♥♥

The class is a modern expression of classic balletic training; a 30-minute workout designed to shape and tone the muscles, build core strength, and allows you to escape the everyday.

BODY CONDITIONING ♥♥♥

A class designed to tone and sculpt the entire body by combining aerobic, muscular strength and/or endurance exercises. You may use various pieces of equipment in the class that the instructor chooses for their session to keep your sessions fun and interesting.

BODYPUMP ♥♥♥♥

A muscular strength endurance workout using weights. Strengthens, conditions and tones.

CIRCUITS ♥♥♥♥

A fantastic station-based workout incorporating all aspects of fitness.

CXWORX ♥♥♥

Are you looking for a short, sharp workout that will inspire you to a new level of fitness, while strengthening and toning your body? CXWorx is for you! The class combines the best of personal training with the energy of a group fitness class.

CORE CONDITIONING ♥♥♥

A 30 minute class focusing on core (abs and back) strength and stability, improving posture, spinal strength and flexibility; an excellent core workout!

GRAVITY CIRCUITS ♥♥♥

A station-based workout using various equipment including Gravity® machines. Gravity® provides a total body workout using cables and body weight against Gravity to improve strength, lose weight and increase flexibility.

HATTON BOXING ♥♥♥♥

Hatton Boxing teaches you the fundamentals of boxing in a great fun workout. This is real boxing combined with real fitness. In a session there is no physical contact, just a great all over body workout using focus pads. A mixture of 3 minute rounds consisting of boxing combinations, fantastic abs, lower body routines and mind blowing cardio drills to help you reach your goals.

GRIT™ STRENGTH ♥♥♥♥

GRIT™ Strength is a 30 minute high-intensity interval training workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.

PILOXING ♥♥♥♥

Piloxing is a non-stop cardio fusion of standing Pilates, boxing and dance. Piloxing uniquely mixes Pilates and boxing moves into a calorie blasting, muscle toning, core-centric interval workout.

PIYO ♥♥♥

Sweat, stretch, and strengthen - all in one low-impact, music-driven, body-sculpting workout. No weights. No jumps. Improve your posture, your muscle coordination, flexibility, cardiovascular strength, and sense of well-being!

POWERHOOP ♥♥♥

A fun and effective workout using a weighted, padded hula hoop that will strengthen and slim your core. You will be having so much fun, you won't even notice you are exercising!

STRENGTH AND BALANCE ♥

Seated and standing exercises with a focus on improving strength, balance and fitness.

STRENGTH AND CARDIO ♥

Standing movement class that focuses on fitness, strength and endurance.

TONE ♥♥♥

This is a low impact whole body workout. The class lets' you choose how hard you work and use a range of equipment.

TUMS, BUMS & THIGHS ♥♥♥

A conditioning class specifically for toning the mid to lower body.



Dance

Want to get some dance action without having to go to a club? Then give one of our dance fitness classes a go. They're a great way to lose weight, increase flexibility and get fit – all without the need to stay up till 3am or pass a fashion test at the door. Whatever your dance preference, we can probably cater for it.

BODYJAM ♥♥♥♥

A cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat. So grab a friend, get front and centre, and get high on the feeling of dance.

CLUBBERCISE ♥♥♥

If you like the idea of a fitness class that feels more like a night out than a workout you'll LOVE Clubbercise®. The fun, easy-to-follow dance fitness routines are performed in a darkened room with disco lights and glow sticks to club anthem favourites, from 90s classics to the latest chart hits. Because of the high and low impact options, Clubbercise dance fitness classes are great if you're just starting out on a fitness regime or if you're already a fitness freak!

DANCEABILITY ♥♥

Danceability is an inclusive dance class for young adults (16+) with additional support needs and their friends, family or carers - explore movement and dance in your way, to your music.

FITSTEPS ♥♥♥

Fitness that is 'strictly' fun! Take the very best of Ballroom and Latin, mix it with the latest, proven ways to get fit fast and deliver the most exciting, fun, fabulous fitness experience you've ever had.

KONGA ♥♥♥♥

A mash-up of boxing, kickboxing, cardio, afro, pop, rock, Pilates, disco and everything in between. Konga is so addictive because it is the perfect concoction of easy-to-do moves, insane music and routines that are specifically designed to shape, sculpt and redefine your physique.

LATIN RHYTHMS ♥♥♥

A contemporary and fun aerobic workout with a twist of Latino dance.

LINE DANCING ♥

Fun filled dance activity to the sounds of country and western music. (Get Up & Go available.)

SH'BAM ♥♥♥♥

Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star - even if you're dance challenged, all in 45 minutes!

ZUMBA ♥♥♥

Ditch the workout, join the party! Zumba is a great way to condition your body to some funky music and moves from around the world; you'll have so much fun, you won't even notice you're having a workout!

Mind and Body

Well-being is not just about losing weight or building strength. It's about feeling good in yourself. Classes like Yoga, Tai Chi, Bodybalance and Pilates are a great antidote to 21st century life. As well as improving flexibility and balance, they'll help you unwind and relax. You can also learn to move better – aligning your body, improving your posture and being kinder to your back. Both mind and body will feel the benefits.

BODYBALANCE ♥♥♥

A Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm.

CORE PILATES ♥♥♥

A traditional Pilates class with all the benefits of strengthening and lengthening the muscles. Includes a dynamic section to really challenge the core.

FITNESS PILATES ♥♥♥

These Pilates classes have all the benefits of Pilates but they flow more quickly and at a higher level increasing metabolic conditioning.

PILATES ♥♥♥

Strengthening and lengthening exercises designed to tone, firm and re-align without bulking. Different levels of class are available to cater for all abilities.

TAI CHI ♥

Relaxation, health and fitness for all ages and abilities. Tai Chi is an exercise system for stress reduction and self-healing.

NEW TO TAI CHI ♥

In order to access the main Tai Chi class you must first complete the ten week introduction course. Wutan Tai Chi Chuan is for all ages for the practice of health, fitness and well being. The introduction consists of learning 'The Eight Strands of Brocade', a set of chi kung exercises.

YIN YOGA ♥♥♥

Yin yoga stretches and targets both the deep connective tissues between the muscles, and the fascia throughout the body. The aim is to increase circulation in the joints and improve flexibility as the poses stretch and exercise the bone and joint areas. It also helps us to regulate the body's flow of energy.

YOGA ♥♥♥

A form of exercise that uses slow movements and stretching. Good for increasing flexibility and balance, and to relieve stress and relax. We offer many different styles of yoga.

ASHTANGA YOGA ♥♥♥♥

A structured talk through this class will guide you safely through the postures of Ashtanga yoga. You will receive detailed explanations of the postures and where to link breath. Variations and modifications will also be taught.

FITNESS YOGA ♥♥♥

Targets flexibility, stability and strength. This is a fitness programme that incorporates deep stretch, balance, yoga postures and modern evidence based fitness practices. Suitable for all levels.

HATHA YOGA ♥♥♥

Combines asanas (yoga postures) with breathing techniques and relaxation to create good health and long life. Yoga postures will exercise every part of your body; stretching, toning, strengthening and elongating the muscles and tendons to release physical and mental tension.

IYENGAR YOGA ♥♥

During Iyengar yoga classes, the emphasis is placed on correct and healthy practice of the Yoga Asanas, using important principles of alignment, extension, expansion and direction to help bring poise, balance, calmness and a free breath to the practice. It is a challenging practice but is open to all, regardless of age, perceived flexibility or gender.

POWER YOGA ♥♥♥

Power Yoga is a physically energetic series of postures to improve strength, balance, endurance and flexibility. Challenge your limits with this dynamic faster paced style of Yoga to reduce stress and promote mental and physical wellbeing.

SEATED YOGA ♥

This class is for people who need to remain seated during class including wheelchair users. The focus is on maintaining or improving strength, balance and confidence in everyday movements as well as relaxation.



Water Based

Not sure that you like the thought of exercising in the gym or in a studio? Then try exercising in the water. The resistance of the water will give you an effective workout, without putting pressure on your joints.

ACTIVE AQUA ♥

Active Aqua is a new low-level water-based activity class aimed at anyone looking to (re)introduce physical activity. Participants could be recovering from an injury, illness or moving on from one of our referral-based projects. This is the perfect class for someone looking to become active and is ideal for people looking to gain water confidence whilst working out.

All participants attending their first class will be asked to meet the instructor at reception 20 minutes before class starts and prior getting changed.

AQUAFIT ♥♥

A safe and effective workout using the resistance that water creates. Equipment is used to increase intensity – suitable for all ages and fitness levels.

FLOATFIT® ♥♥♥

Floatfit® is a new, revolutionary, low impact, cross training 30 minute full body workout on water using the only floating exercise mat, the aquabase®.

HYDROSPIN ♥♥

A class combining the dynamism of indoor studio cycling with the benefits of water based exercise - you will leave sessions feeling invigorated and energised, having had a total body workout!

H2O HIIT ♥♥♥

This cardio and strength routine blends High Intensity Interval Training (HIIT) and power strengthening using equipment. This class is only suitable for participants who can swim and are confident in deep water.

SKILLS & DRILLS ♥♥

A pool based session which will focus on getting you prepared for Masters Sessions, by introducing key drills and technique points to make you a more efficient and stronger swimmer.

POWER SWIM ♥♥♥

A fitness swim session designed to make you a stronger, fitter and faster swimmer.

MASTERS ♥♥♥

Masters are coach led training sessions where you can hone your skills in the pool and build upon your swimming fitness.

Fitness class FAQs

How do I book a class?

If you are a member or have a record on our system, the most popular way to book a fitness class is via our App or online. Some of our customers book their classes at reception of their local venue if they do not have access to on-line bookings or the App.

If fitness classes are not included within your membership, you must pay for your class at time of booking. You can also do this via our App or online.

How early do I turn up for a class?

Please make your way to the venue 10 minutes before the start of your class in order to visit reception or swipe your card to record your attendance. If your attendance is not logged within this time, your space may be offered to someone who is waiting for a space at reception. If you are a member and your attendance is not recorded at reception, you will incur a no show fee.

If I arrive late and miss the start time of the class, can I still join in?

Unfortunately not, it is important that you arrive in plenty of time to ensure you warm up effectively for the class ahead.

I have never exercised before, which class would suit me?

It's best to start with a low impact class. This will allow you to familiarise yourself with the demands of the session. Our instructors can advise you on the range of classes on offer.

What do I wear?

Always wear comfortable, appropriate clothing and supportive trainers if necessary. Socks are optional but should protect you from getting blisters.

What age can I begin classes?

You can attend any of our classes from 16 years or above.

Can I attend a class if I am not a member?

Yes. If you have a record on our system, you can book via the App or online. If you do not have a record on our system, you can book at reception or by phone. You must pay at time of booking.

Can I just turn up to a class?

Yes. If you want to ensure there is a space before you travel to the venue, the quickest and easiest way to find out is by checking our App.

What happens if I incur a no show or late cancellation fee?

If you are a member, we will notify you via email of any fees that you have incurred following a late cancellation or if you have failed to show up to your booked class. Once you have received an email from us informing you of the charge, you can pay this via the App, online or at reception on your next visit. If you do not pay the charge within 7 days, you will not be able to book any further classes (or any other bookable services) until the fee(s) have been paid.

If fitness classes are included in your membership you can manage and cancel your bookings using the App or online too. On the App and online you can easily check your bookings and on the App you can add your booking to your calendar and set yourself a calendar reminder. Failing to inform us that you cannot attend your class within 3 hours of its start time will result in a charge. If you do not show or late cancel for your booked class, you will be charged a £2 fee.

N.B. Customers who cannot attend their class and have paid are required to contact the venue. Cancellations made more than 3 hours before the class starts will be entitled to a full refund or we can move your booking to another class.

Ainslie Park Leisure Centre

Time	Class	Intensity	Studio	Instructor	Time	Class	Intensity	Studio	Instructor
Monday					Wednesday				
06.45 – 07.15	Virtual Cycling Intermediate	♥♥	C	V	06.30 – 07.00	Metafit	♥♥♥♥	S1	Kerry
09.25 – 10.10	Bodystep	♥♥♥♥	S1	Denise	06.45 – 07.15	Virtual Cycling Advanced	♥♥	C	V
10.00 – 10.45	Aquafit	♥♥	P	Katrina	09.15 – 10.15	Bodycombat	♥♥♥♥	S1	Danielle
10.15 – 11.00	Tums, Burns & Thighs	♥♥	S1	Denise	10.00 – 10.45	Aquafit	♥♥	P	Lynne
11.30 – 12.20	RPM	♥♥♥♥	C	Bill	10.15 – 11.15	Tums, Burns & Thighs	♥♥	S1	Danielle
12.15 – 12.45	FloatFit	♥♥♥♥	P	Peter	11.15 – 12.15	Pilates	♥♥	S1	Petra
12.30 – 13.15	Bodycombat	♥♥♥♥	S1	Charlene	12.15 – 13.00	Virtual Cycling Intermediate	♥♥	C	V
13.30 – 14.30	Yin Yoga	♥♥	S1	Hannah	12.30 – 13.00	Skills and Drills	♥♥	P	Roy
15.00 – 16.00	Strength and Balance	♥♥	S1	Trevor	12.30 – 13.15	Bodycombat	♥♥♥♥	S1	Lorna
17.00 – 18.00	Bodypump	♥♥♥♥	S1	Allan	14.00 – 15.00	Active Sit	♥	S1	Mari
17.25 – 17.55	SPRINT	♥♥♥♥	C	Lynne	17.00 – 18.00	Bodycombat	♥♥♥♥	S1	Una
18.00 – 18.30	CXWorx	♥♥	S1	Allan	18.00 – 18.50	RPM	♥♥♥♥	C	Brian
18.15 – 19.05	RPM	♥♥♥♥	C	Brian	18.00 – 19.00	Bodybalance	♥♥	S1	Jean
18.40 – 19.30	Tums, Burns & Thighs	♥♥	S1	Amber	19.05 – 20.05	Bodypump	♥♥♥♥	S1	Danielle
19.10 – 19.55	Aquafit	♥♥	P	Lynne	19.10 – 20.00	RPM	♥♥♥♥	C	Brian
19.15 – 20.05	RPM	♥♥♥♥	C	Brian	20.10 – 20.55	Zumba	♥♥	S1	Charlotte
19.30 – 20.30	Bodybalance	♥♥	S1	Amber	Thursday				
20.30 – 21.30	Bodycombat	♥♥♥♥	S1	Danielle	06.30 – 07.15	Virtual Cycling Beginner	♥♥	C	V
Tuesday					06.30 – 07.15	Bodycombat	♥♥♥♥	S1	Michelle
06.30 – 07.15	Virtual Cycling Beginner	♥♥	C	V	09.25 – 10.25	Bodystep	♥♥♥♥	S1	Denise
06.30 – 07.15	Bodycombat	♥♥♥♥	S1	Michelle	09.30 – 10.20	RPM	♥♥♥♥	C	Egle
09.00 – 10.30	Hatha Yoga	♥♥	S1	Sheena	10.30 – 11.15	Powerhoop	♥♥	S1	Egle
10.30 – 11.30	Pilates (Beginners)	♥♥	S1	Gillian	11.20 – 12.20	Hatha Yoga	♥♥	S1	Judy
11.35 – 12.20	Aquafit	♥♥	P	Haitham	11.30 – 12.15	Aquafit	♥♥	P	Haitham
11.30 – 12.30	Active Life	♥♥	S1	Una	12.30 – 13.00	Skills and Drills	♥♥	P	Roy
12.15 – 12.45	Virtual Cycling Intermediate	♥♥	C	V	12.30 – 13.15	Virtual Cycling Intermediate	♥♥	C	V
12.30 – 13.00	Skills and Drills	♥♥	P	Roy	12.35 – 13.20	Bodycombat	♥♥♥♥	S1	Sandra
12.35 – 13.20	Bodypump	♥♥♥♥	S1	Danielle	13.30 – 14.30	Line Dancing	♥	S1	Audrey
13.30 – 14.30	Bumps and Babies	♥♥	S1	Elsbeth	17.30 – 18.20	RPM	♥♥♥♥	C	Brian
17.10 – 17.55	RPM	♥♥♥♥	C	Lyn	17.45 – 18.30	Bodyattack	♥♥♥♥	S1	Gary
17.00 – 18.00	Bodycombat	♥♥♥♥	S1	Sylwia	18.30 – 19.20	RPM	♥♥♥♥	C	Rebecca
18.00 – 18.30	Sprint	♥♥♥♥	C	Brian E	18.30 – 19.30	Bodypump	♥♥♥♥	S1	Danielle
18.05 – 18.55	Bodyattack	♥♥♥♥	H	Claire	19.30 – 20.30	Virtual Cycling Intermediate	♥♥	C	V
18.30 – 20.00	Hatha Yoga	♥♥	S1	Hannah	19.35 – 20.35	Bodycombat	♥♥♥♥	S1	Michelle
20.00 – 21.30	Hatha Yoga	♥♥	S1	Hannah					

Classes in orange are new to this timetable.

Time	Class	Intensity	Studio	Instructor
Friday				
06.45 – 07.15	Virtual Cycling Intermediate	♥♥	C	V
09.15 – 10.15	Bodybalance	♥♥	S1	Cristina
09.30 – 10.15	Virtual Cycling Intermediate	♥♥	C	V
10.25 – 11.25	Bodypump	♥♥♥♥	S1	Danielle
11.30 – 12.30	Active Life	♥	S1	Christine
12.30 – 13.15	AquaFit	♥♥	P	Peter
12.30 – 13.20	RPM	♥♥♥	C	Barry
12.35 – 13.20	Bodycombat	♥♥♥♥	S1	Danielle
17.30 – 18.30	Bodypump	♥♥♥♥	S1	Egle
18.00 – 18.30	RPM	♥♥♥	C	Alex
18.35 – 19.20	Sh'Bam	♥♥♥♥	S1	Mo
19.00 – 19.45	Virtual Cycling Intermediate	♥♥	C	V
19.25 – 20.10	Bodyjam	♥♥♥♥	S1	Mo

Saturday				
07.40 – 08.25	Bodycombat	♥♥♥♥	S1	Sylwia
08.30 – 09.00	Core Conditioning	♥♥	S1	Jean
09.00 – 10.00	RPM	♥♥♥	C	Barry
09.05 – 10.05	Bodyattack	♥♥♥♥	S1	Jean
10.05 – 11.00	RPM	♥♥♥	C	Alex
10.05 – 11.05	Bodybalance	♥♥	S1	Cath B
11.10 – 12.10	Bodystep	♥♥♥♥	S1	Denise
12.15 – 13.15	Bodycombat	♥♥♥♥	S1	Denise
13.20 – 14.40	Hatha Yoga	♥♥	S1	Hannah

Sunday				
08.05 – 08.50	Bodycombat	♥♥♥♥	S1	Michelle
09.00 – 10.00	Bodypump	♥♥♥♥	S1	Michelle
10.00 – 10.50	RPM	♥♥♥	C	Laura
10.05 – 11.05	Bodycombat	♥♥♥♥	S1	Michelle
11.05 – 11.35	SPRINT	♥♥♥	C	Laura
11.05 – 12.05	Bodybalance	♥♥	S1	Susan
12.00 – 12.45	Virtual Cycling Intermediate	♥♥	C	V
15.15 – 15.45	Virtual Cycling Beginner	♥♥	C	V
16.00 – 17.00	Bodypump	♥♥♥♥	S1	Yvonne
17.05 – 18.05	Bodycombat	♥♥♥♥	S1	Lorna
18.30 – 19.30	Virtual Cycling Advanced	♥♥	C	V

**Key**

S1	Studio 1
H	Hall
C	Cycle Studio
P	Pool

Low intensity	♥
Medium intensity	♥♥
High intensity	♥♥♥

Craiglockhart Leisure Centre

Time	Class	Intensity	Studio	Instructor	Time	Class	Intensity	Studio	Instructor
Monday					Tuesday				
07.15 – 07.45	Virtual CXWorx	♥♥	S1	V	07.00 – 07.50	RPM	♥♥♥♥	C	Michelle S
07.50 – 08.50	Virtual Bodycombat	♥♥♥♥	S1	V	08.25 – 09.25	Virtual Bodypump	♥♥♥♥	S1	V
08.30 – 09.30	Pilates	♥♥	S3	Beth	09.15 – 09.30	New to Pilates**	♥♥	S3	Rhona
09.00 – 10.00	Active Life	♥	S1	Izabela	09.15 – 10.15	Zumba	♥♥	S2	Inna
09.10 – 10.00	RPM	♥♥♥♥	C	Jane	09.30 – 10.20	RPM	♥♥♥♥	C	Jane
09.15 – 10.00	Body Conditioning	♥♥	S2	Pamela	09.30 – 10.30	Pilates (Beginner)	♥♥	S3	Rhona
09.30 – 10.30	Pilates (Improvers)	♥♥	S3	Allan	09.30 – 10.30	Step Aerobics	♥♥♥♥	S1	Nikki
10.05 – 11.05	Bodyattack	♥♥♥♥	S2	Pamela	10.30 – 11.30	Pilates (Improver)	♥♥	S3	Rhona
10.05 – 11.05	Bodypump	♥♥♥♥	S1	Charlene	10.35 – 11.35	Bodybalance	♥♥	S1	Gillian
10.30 – 11.30	Pilates (Improver)	♥♥	S3	Allan	10.45 – 12.15	Yoga	♥♥	S2	Hannah
11.00 – 12.00	Cardio Tennis	♥♥♥♥	TC	Anna	11.30 – 12.30	Pilates (Improver)	♥♥	S3	Rhona
11.15 – 12.45	Yoga (Improver)	♥♥	S1	Kerry	13.00 – 14.00	Active Sit	♥	S2	Gemma
11.30 – 12.30	Pilates (Improver)	♥♥	S3	Janet	14.00 – 15.00	Line Dancing	♥	S1	Helen
12.30 – 13.30	Pilates	♥♥	S3	Allan	17.25 – 17.55	Core Conditioning	♥♥	S2	Yvonne
14.00 – 15.00	Active Sit	♥	S2	Mari	17.45 – 18.35	RPM	♥♥♥♥	C	Susan
16.30 – 17.00	Virtual Sh'Bam	♥♥♥♥	S1	V	18.00 – 19.00	Bodystep	♥♥♥♥	S1	Yvonne
17.25 – 17.55	Core Conditioning	♥♥	S1	Ileen	18.10 – 18.55	Zumba	♥♥	S2	Petra
17.30 – 19.00	Yoga	♥♥	S3	Julie	18.15 – 19.15	Fitness Pilates (Improver)	♥♥	S3	Gill
17.45 – 18.35	RPM	♥♥♥♥	C	Jane	18.45 – 19.35	RPM	♥♥♥♥	C	Lynne
17.55 – 18.55	Bodypump	♥♥♥♥	S1	Ileen	19.00 – 20.00	Bodybalance	♥♥	S2	Amber
18.00 – 19.00	Bodybalance	♥♥	S2	Jean	19.05 – 20.05	Bodycombat	♥♥♥♥	S1	Charis
18.45 – 19.35	RPM	♥♥♥♥	C	Susan	19.15 – 20.15	Pilates (Improvers)	♥♥	S3	Egle
19.05 – 20.05	Bodyattack	♥♥♥♥	S2	Ruth	20.10 – 21.10	Yoga	♥♥	S2	Savanna
19.05 – 20.05	Zumba	♥♥	S1	Ross	20.10 – 21.10	Bodyattack	♥♥♥♥	S1	Pamela
19.15 – 20.15	Pilates (Improver)	♥♥	S3	Cath	20.15 – 21.15	Pilates (Beginners)	♥♥	S3	Egle
20.15 – 21.15	Pilates (Improver)	♥♥	S3	Cath	21.15 – 21.45	Virtual Bodycombat	♥♥♥♥	S1	V
20.15 – 21.45	Hatha Yoga	♥♥	S2	Elaine					

Key

S1	Studio 1
S2	Studio 2
S3	Studio 3
C	Cycle Studio
TC	Tennis Centre
V	Virtual classes take place without an instructor

Low intensity	♥
Medium intensity	♥♥
High intensity	♥♥♥

**If you have never attended Pilates we recommend you come along to one of these short sessions.

Classes in orange are new to this timetable.

Time	Class	Intensity	Studio	Instructor	Time	Class	Intensity	Studio	Instructor
Wednesday					Thursday				
08.15 – 09.15	Body Conditioning	♥♥	S2	Grant	07.00 – 07.50	RPM	♥♥♥♥	C	Michelle S
09.00 – 10.00	Active Life	♥♥	S1	Ilona	08.30 – 09.30	Pilates (Improver)	♥♥	S3	Allan
09.15 – 10.15	Body Conditioning	♥♥	S2	Grant	09.15 – 10.15	Body Conditioning	♥♥	S1	Grant
09.30 – 10.20	RPM	♥♥♥♥	C	Allan	09.30 – 10.20	RPM	♥♥♥♥	C	Bill K
09.30 – 10.25	Pilates (Improver)	♥♥	S3	Rhona	09.30 – 10.30	Pilates (Improver)	♥♥♥♥	S3	Allan
10.20 – 11.50	Yoga	♥♥	S1	Kerry	09.30 – 10.30	PiYo	♥♥	S2	Gillian S
10.30 – 11.30	Pilates (Improver)	♥♥	S3	Rhona	10.30 – 11.30	Pilates (Improver)	♥♥	S3	Alison
14.00 – 15.00	Fitsteps	♥♥	S1	Helen	10.35 – 11.35	Bodypump	♥♥♥♥	S1	Scott
15.10 – 15.55	Virtual Sh'bam	♥♥♥♥	S1	V	11.30 – 12.30	Pilates (Improver)	♥♥	S3	Alison
17.15 – 17.45	Virtual Bodybalance	♥♥	S1	V	12.30 – 13.00	Virtual CXWorx	♥♥	S1	V
17.45 – 18.35	RPM	♥♥♥♥	C	Brian E	17.30 – 18.20	RPM	♥♥♥♥	C	Jane
17.55 – 18.55	Body Conditioning	♥♥	S1	Yvonne	17.30 – 18.30	Fitness Pilates (Improver)	♥♥	S3	Ryan
18.15 – 19.00	PiYo	♥♥	S2	Julie M	18.00 – 18.45	Bodystep	♥♥♥♥	S1	Ruth
18.30 – 20.00	Yoga (Beginner)	♥♥	S3	Betty	18.00 – 19.00	Bodybalance	♥♥	S2	Sara
18.45 – 19.35	RPM	♥♥♥♥	C	Rebeca	18.30 – 19.30	Fitness Pilates	♥♥	S3	Ryan
19.00 – 20.00	Bodypump	♥♥♥♥	S1	Steve	18.30 – 19.30	Performance Training	♥♥♥♥	C	Jenny
19.05 – 20.05	Bodybalance	♥♥	S2	Julie M	18.50 – 19.50	Bodycombat	♥♥♥♥	S1	Emma
20.00 – 21.00	Pilates (Beginners)	♥♥	S3	Giuseppe	19.05 – 20.05	Zumba	♥♥	S2	Ross
20.05 – 20.55	Zumba	♥♥	S1	Ross	19.30 – 20.30	Pilates (Improvers)	♥♥	S3	Lesley C
					19.55 – 20.55	Bodypump	♥♥♥♥	S1	Lisa
					20.15 – 21.45	Yoga	♥♥	S2	Matilda



Time	Class	Intensity	Studio	Instructor	Time	Class	Intensity	Studio	Instructor
Friday					Saturday				
07.40 – 08.10	Virtual CXWorx	♥♥	S1	V	08.25 – 08.55	Virtual CXWorx	♥♥	S1	V
08.00 – 09.00	Pilates	♥♥	S3	Alison	08.30 – 09.20	RPM	♥♥♥	C	Allan
09.00 – 10.00	Active Life	♥	S1	Izabela	08.45 – 09.45	Pilates	♥♥	S3	Egle
09.00 – 10.00	Pilates	♥♥	S3	Alison	09.00 – 09.45	Body Conditioning	♥♥	S2	Susan
09.25 – 09.55	Core Conditioning	♥♥♥	S2	Susan	09.00 – 09.45	Fitsteps	♥♥	S1	Helen
09.30 – 10.20	RPM	♥♥♥♥	C	Allan	09.30 – 10.20	RPM	♥♥♥♥	C	Allan
10.05 – 11.05	Bodystep	♥♥♥♥	S1	Ruth	09.50 – 10.35	Zumba	♥♥	S2	Helen
10.10 – 11.40	Yoga	♥♥	S3	Christine	09.50 – 10.50	Bodystep	♥♥♥♥	S1	Yvonne
10.30 – 11.30	Bodybalance	♥♥	S2	Allan	10.00 – 11.30	Yoga	♥♥	S3	Julie
11.05 – 12.05	Zumba	♥♥	S1	Petra	10.30 – 11.20	RPM	♥♥♥♥	C	Lynne
12.30 – 13.30	Pilates	♥♥	S3	Giuseppe	10.55 – 11.55	Bodypump	♥♥♥♥	S1	Ruth
12.30 – 13.30	Active Life	♥	S1	Fiona	11.05 – 12.05	Bodybalance	♥♥	S2	Julie M
17.15 – 18.05	RPM	♥♥♥♥	C	Bill	12.00 – 13.00	Bodyattack	♥♥♥♥	S1	Ruth
17.30 – 18.15	Bodypump	♥♥♥♥	S1	Michelle	12.05 – 12.50	PiYo	♥♥	S2	Julie M
17.45 – 18.30	Core Pilates	♥♥	S2	Katy					
18.15 – 19.05	RPM	♥♥♥♥	C	Bill					
18.30 – 19.15	Latin Rhythms	♥♥	S2	Katy					
18.30 – 19.30	Virtual Bodycombat	♥♥	S1	V					
18.30 – 19.30	Cardio Tennis	♥♥♥♥	TC	Michael					
					Sunday				
					08.15 – 09.15	Pilates	♥♥	S3	Katie
					08.30 – 09.15	RPM	♥♥♥♥	C	Jane
					09.05 – 10.05	Bodypump	♥♥♥♥	S1	Yvonne
					09.15 – 10.15	Pilates	♥♥	S3	Katie
					09.30 – 10.20	RPM	♥♥♥♥	C	Jane
					10.00 – 10.45	POUND	♥♥♥♥	S2	Heather
					10.10 – 11.10	Bodystep	♥♥♥♥	S1	Ruth
					10.35 – 12.05	Yoga	♥♥	S3	Linda
					12.20 – 13.20	Virtual Bodybalance	♥♥	S1	V
					13.25 – 14.10	Virtual Sh'Bam	♥♥♥♥	S1	V
					16.25 – 17.25	Bodypump	♥♥♥♥	S1	Lisa
					17.30 – 18.20	RPM	♥♥♥♥	C	Jamie
					18.05 – 19.05	Zumba	♥♥	S2	Petra
					18.30 – 19.30	Performance Training	♥♥♥♥	C	Jenny

Key

S1	Studio 1
S2	Studio 2
S3	Studio 3
C	Cycle Studio
TC	Tennis Centre
V	Virtual classes take place without an instructor

Low intensity	♥
Medium intensity	♥♥
High intensity	♥♥♥

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Drumrae Leisure Centre

Time	Class	Intensity	Studio	Instructor	Time	Class	Intensity	Studio	Instructor
Monday					Tuesday				
06.45 – 07.15	SPRINT	♥♥♥	C	Jamie	06.45 – 07.30	RPM	♥♥♥	C	Aileen C
09.00 – 09.30	Core Conditioning	♥♥	S2	Una	09.00 – 09.15	Virtual Pilates	♥♥	S2	V
09.30 – 10.30	Bodycombat	♥♥♥	S1	Una	09.15 – 10.00	Zumba	♥♥	S1	Fiona D
10.00 – 10.30	Virtual Cycling	♥♥	C	V	09.30 – 10.20	RPM	♥♥♥	C	Allan
10.30 – 11.30	Yoga	♥♥	S2	Catrina	09.30 – 10.30	Yoga	♥♥♥	S2	Martina
10.30 – 11.30	Active Life	♥♥	S1	Una	10.05 – 11.05	Bodypump	♥♥♥	S1	Mel
11.00 – 11.45	Aquafit	♥♥	P	Gillian	10.30 – 11.30	Yoga	♥♥	S2	Martina
12.00 – 13.00	Line Dancing	♥	S1	Audrey	11.10 – 11.55	Turns, Burns & Thighs	♥♥	S1	Danielle
12.15 – 12.45	Virtual Cycling	♥♥	C	V	12.00 – 12.50	Masters (Pool)	♥♥♥	P	Karen
13.30 – 15.00	Hatha Yoga	♥♥	S2	Moir	12.00 – 13.00	Pilates	♥♥	S2	Petra
14.30 – 15.30	Strength & Balance	♥	S1	Gym Team	14.30 – 15.30	Active Sit	♥	S1	Amanda
17.00 – 17.45	Barre	♥♥	S1	Ashleigh	17.00 – 17.45	Bodycombat	♥♥♥	S1	Louise
17.00 – 17.45	Seated Yoga	♥♥	S2	Joanna	17.45 – 18.45	Bodypump	♥♥♥	S1	Louise
17.45 – 18.30	Bodyattack	♥♥♥	S1	Estelle	18.00 – 18.50	Pilates	♥♥	S2	Judith
17.45 – 18.35	RPM	♥♥♥	C	Karolina	18.30 – 19.20	RPM	♥♥♥	C	Sarah Mc
18.00 – 19.30	Hatha Yoga	♥♥	S2	Joanna	18.45 – 19.45	Bodycombat	♥♥♥	S1	Louise
18.30 – 19.15	Indoor Circuits (G)	♥♥♥	S1	Gym Team	19.00 – 19.50	Pilates	♥♥	S2	Judith
18.30 – 19.30	Bodypump	♥♥♥	S1	Julie M	19.30 – 20.00	Virtual Cycling	♥♥	C	V
18.45 – 19.35	RPM	♥♥♥	C	Karolina	19.45 – 20.30	Turns, Burns & Thighs	♥♥	S1	Sarah Mc
19.30 – 21.00	Yoga (Advanced)	♥♥	S2	Joanna					
19.35 – 20.35	Bodyjam	♥♥♥	S1	Cath					
20.40 – 21.40	Bodybalance	♥♥	S1	Mo					



Wednesday									
06.45 – 07.15	SPRINT	♥♥♥	C	Sarah Mc					
07.00 – 07.30	Core Conditioning	♥♥	S1	Louise					
09.30 – 10.15	Virtual Cycling	♥♥	C	V					
10.00 – 10.45	Active Life	♥	S1	Petra					
10.00 – 10.50	Aquafit	♥♥	P	Izabella					
10.45 – 12.15	Tai Chi (General) †	♥	S2	James					
10.50 – 11.35	Bodypump	♥♥♥	S1	Louise					
11.35 – 12.15	Barre	♥♥	S1	Peter					
12.15 – 13.15	Zumba	♥♥	S1	Peter					
17.15 – 18.00	PIYo	♥♥	S2	Yvonne					
17.45 – 18.30	Zumba	♥♥	S1	Petra					
18.00 – 19.30	Yoga	♥♥	S2	Hannah					
18.15 – 19.05	RPM	♥♥♥	C	Egle					
18.30 – 19.30	Bodyattack	♥♥♥	S1	Chris					
19.15 – 20.00	Virtual Cycling	♥♥	C	V					
19.30 – 20.30	Bodypump	♥♥♥	S1	Allan					
19.35 – 19.50	Insanity Ab Attack	♥♥	S2	V					
20.30 – 21.30	Bodybalance	♥♥	S1	Allan					

† New to Tai Chi is a 10 week bookable course. You must attend a New to Tai Chi course before you can attend a Tai Chi General class

Time	Class	Intensity	Studio	Instructor	Time	Class	Intensity	Studio	Instructor
Thursday					Saturday				
06.45 – 07.30	Bodypump	♥♥♥♥	S1	Aileen C	08.45 – 09.30	Bodypump	♥♥♥♥	S1	Estelle
09.30 – 10.20	RPM	♥♥♥♥	C	Lynne S	09.15 – 09.45	SPRINT	♥♥♥♥	C	Brian
09.30 – 10.30	Bodycombat	♥♥♥♥	S1	Danielle	09.30 – 10.30	Bodypump	♥♥♥♥	S1	Sylwia
10.30 – 11.30	Body Conditioning	♥♥♥	S1	Pamela	09.30 – 11.00	Hatha Yoga	♥♥♥	S2	Petra
11.30 – 12.30	Pilates	♥♥♥	S2	Egle	10.00 – 10.50	RPM	♥♥♥♥	C	Brian
13.00 – 14.00	Strength & Balance	♥♥	S1	Gym Team	10.30 – 11.30	Bodybalance	♥♥♥	S1	Sylwia
14.15 – 15.15	Strength & Cardio	♥	S1	Amanda	11.00 – 11.30	Virtual Zumba	♥♥♥	S2	V
16.45 – 17.30	Bodycombat	♥♥♥♥	S1	Louise	11.00 – 11.50	Group Cycling	♥♥♥♥	C	Stevie
17.30 – 18.30	Bodypump	♥♥♥♥	S1	Louise	11.30 – 12.30	Bodycombat	♥♥♥♥	S1	Danielle
17.45 – 18.15	SPRINT	♥♥♥♥	C	Lynne	12.30 – 13.00	Core Conditioning	♥♥♥	S2	Danielle
17.45 – 18.30	Pilates	♥♥♥	S2	Giuseppe	16.00 – 16.45	Virtual Cycling	♥♥♥	C	V
18.25 – 19.10	RPM	♥♥♥♥	C	Lynne	Sunday				
18.30 – 19.15	Indoor Circuits (G)	♥♥♥♥	S1	Gym Team	09.15 – 10.05	RPM	♥♥♥♥	C	Susan H
18.30 – 19.30	Bodycombat	♥♥♥♥	S1	Louise	09.30 – 10.30	Bodycombat	♥♥♥♥	S1	Denise
18.30 – 19.30	Pilates	♥♥♥	S2	Giuseppe	09.30 – 10.30	Pilates	♥♥♥	S2	Cath B
19.30 – 20.20	Aquafit (F)	♥♥	P	Lynne	10.15 – 11.05	RPM	♥♥♥♥	C	Allan
19.30 – 20.20	Bodybalance	♥♥♥	S2	Jean	10.30 – 11.15	Body Conditioning	♥♥♥	S1	Lynne
19.30 – 20.15	Body Conditioning	♥♥♥♥	S1	Sarah Mc	11.15 – 12.15	Bodybalance	♥♥♥	S1	Cath B
20.15 – 21.15	Bodyjam	♥♥♥♥	S1	Mo	15.15 – 16.00	Barre	♥♥♥	S1	Mo
Friday					16.00 – 17.00	Bodyjam	♥♥♥♥	S1	Mo
06.45 – 07.15	SPRINT	♥♥♥♥	C	Brian	16.00 – 17.00	Virtual Yoga	♥♥♥	S2	V
07.00 – 07.30	Metafit	♥♥♥♥	S1	Una	17.00 – 17.45	Virtual Cycling	♥♥♥	C	V
09.30 – 10.30	Pilates (Beginners)	♥♥♥	S2	Katie					
09.30 – 10.30	Bodypump	♥♥♥♥	S1	Mel					
10.00 – 10.30	Virtual Cycling	♥♥♥	C	V					
10.00 – 10.50	Aquafit	♥♥	P	Fiona D					
10.35 – 11.20	Pilates (Beginners)	♥♥♥	S2	Beth					
10.35 – 11.35	Bodybalance	♥♥♥	S1	Cristina					
11.25 – 12.25	Pilates (Intermediate)	♥♥♥	S2	Beth					
11.45 – 12.45	Active Sit	♥	S1	TBC					
13.30 – 15.00	New to Tai Chi †	♥	S2	James					
17.00 – 17.45	Virtual Pilates	♥♥♥	S2	V					
17.30 – 18.30	Bodypump	♥♥♥♥	S1	Julie M					
17.45 – 18.35	RPM	♥♥♥♥	C	Lynne					
18.00 – 19.30	Iyengar Yoga	♥♥♥	S2	Alan					
18.35 – 19.35	PIYo	♥♥♥	S1	Julie M					

Low intensity	♥
Medium intensity	♥♥
High intensity	♥♥♥

Key	
S1	Studio 1
S2	Studio 2
C	Cycle Studio
P	Pool
(F)	Female only
(G)	Gym class

Time Class Intensity Instructor

Monday

19.30 – 20.20 RPM ♥♥♥ Julie

Tuesday

09.35 – 10.30 Active Life ♥ Una

Wednesday

10.00 – 11.30 Yoga ♥♥ Moira

18.45 – 19.35 RPM ♥♥♥ Julie

Thursday

10.10 – 11.10 Active Life ♥ Alan

18.15 – 19.45 Yoga ♥♥ Trang

Sunday

10.00 – 11.30 Yoga ♥♥ Moira



EICA:RATHO
Edinburgh International
Climbing Arena



Low intensity	♥
Medium intensity	♥♥
High intensity	♥♥♥

Glenogle Swim Centre

Time	Class	Intensity	Instructor
Monday			
09.15 – 10.00	Body Conditioning	♥♥	Jeni
10.00 – 11.00	Zumba	♥♥	Peter
11.00 – 11.45	Zumba	♥♥	Peter
12.30 – 13.30	Pilates	♥♥	Giuseppe
18.00 – 18.55	Circuits	♥♥♥	Cristina
19.00 – 20.00	Bodybalance	♥♥♥	Cristina
20.00 – 21.30	Astanga Yoga	♥♥♥	Svitlana

Time	Class	Intensity	Instructor
Tuesday			
08.45 – 09.30	Barre	♥♥	Peter
09.30 – 10.30	Body Conditioning	♥♥♥	Jeni
10.30 – 11.30	Active Life	♥	Christine
11.30 – 12.30	Zumba	♥♥	Peter
12.30 – 13.30	Yoga	♥♥	Judy
17.40 – 18.25	Bodypump	♥♥♥	Jean
18.10 – 19.00	Masters (Pool)	♥♥♥	Fiona
18.30 – 19.30	Bodybalance	♥♥	Jean
19.35 – 20.35	Bodycombat	♥♥♥	Lorna
20.40 – 21.40	Pilates	♥♥	Sally

Time	Class	Intensity	Instructor
Wednesday			
09.30 – 10.30	Bodycombat	♥♥♥	Jeni
10.30 – 11.30	Tone	♥♥	Christine
12.35 – 13.35	Pilates	♥♥	Sabrina
17.15 – 18.00	Bodypump	♥♥♥	Alex
18.05 – 18.50	Barre	♥♥	Marianne
19.00 – 20.30	Iyengar Yoga	♥♥	Alan
20.35 – 21.50	Ashtanga Yoga	♥♥♥	Svitlana

Time	Class	Intensity	Instructor
Thursday			
09.30 – 10.30	Bodybalance	♥♥	Jean
10.30 – 11.30	Zumba	♥♥	Petra
12.30 – 13.00	Metafit	♥♥♥	Una
18.00 – 19.00	Bodybalance	♥♥	Christine
19.05 – 19.55	Bodypump	♥♥♥	Brian
20.00 – 21.30	Hatha Yoga	♥♥	Katie

Time	Class	Intensity	Instructor
Friday			
09.00 – 10.00	Sh'Bam	♥♥	Barry
10.00 – 11.00	Tone	♥♥	Christine
11.00 – 12.00	Pilates	♥♥	Egle
12.30 – 13.45	Iyengar Yoga	♥♥	Alan
17.30 – 18.15	Bodycombat	♥♥♥	Lorna
18.30 – 20.00	Hatha Yoga	♥♥	Julie

Time	Class	Intensity	Instructor
Saturday			
08.00 – 08.50	Masters (Pool)	♥♥♥	Alana
09.30 – 10.30	Bodycombat	♥♥♥	Danielle
10.30 – 12.00	Iyengar Yoga	♥♥	Alan
12.30 – 13.30	Bodybalance	♥♥	Christine

Time	Class	Intensity	Instructor
Sunday			
09.25 – 10.10	Bodypump	♥♥♥	Jean
10.15 – 11.00	Body Conditioning	♥♥	Pamela
11.00 – 12.00	Bodybalance	♥♥	Egle
12.00 – 13.00	Pilates	♥♥	Allan
13.30 – 15.00	Iyengar Yoga	♥♥	Alan

Classes in orange are new to this timetable.

Low intensity	♥
Medium intensity	♥♥
High intensity	♥♥♥

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Gracemount Leisure Centre

Time Class Intensity Studio Instructor

Monday

07.00 – 07.30	Virtual Bodycombat	♥♥♥	S1	V
09.15 – 10.15	Bodycombat	♥♥♥	S2	Janie
10.00 – 11.00	Active Life	♥	S1	Ilona
10.20 – 11.05	Bodypump	♥♥♥	S2	Fiona O
11.10 – 12.10	Pilates	♥♥	S2	Ilona
12.10 – 13.10	Pilates	♥♥	S2	Ilona
16.55 – 17.55	Pilates	♥♥	S2	Jenny
17.50 – 18.50	Body Conditioning	♥♥	S1	Barbara
17.55 – 18.50	Pilates	♥♥	S2	Jenny
18.50 – 19.50	Bodycombat	♥♥♥	S1	Charis
18.55 – 19.40	Bodyattack	♥♥♥	S2	Kasia
19.10 – 20.00	Aquafit	♥♥	P	Barbara
19.45 – 20.45	Bodyjam	♥♥♥	S2	Karl
20.00 – 21.00	Yoga	♥♥	S1	Katie

Tuesday

07.00 – 07.30	Virtual CXWorx	♥♥♥	S1	V
09.00 – 10.00	Bodypump	♥♥♥	S2	Kathy
09.30 – 10.00	Aquafit	♥♥	P	Lillian
10.05 – 11.35	Yoga	♥♥	S2	Kerry
10.10 – 10.40	Aquafit	♥♥	P	Lillian
10.10 – 11.10	Active Life	♥	S1	Ilona
10.50 – 11.35	Aquafit	♥♥	P	Izabela
11.30 – 12.30	Active Sit	♥	S1	Mari
11.40 – 12.40	Pilates	♥♥	S2	Nathalie
17.30 – 18.30	Bodypump	♥♥♥	S2	Bill
17.45 – 18.30	POUND	♥♥♥	S1	Charis
18.35 – 19.20	Sh'Bam	♥♥♥	S1	Barry
18.35 – 19.35	Pilates Intermediate	♥♥	S2	Ilona
19.05 – 19.50	Aquafit	♥♥	P	Amie
19.20 – 20.05	Body Conditioning	♥♥	S1	Barry
19.35 – 21.05	Hatha Yoga	♥♥	S2	Katie

Time Class Intensity Studio Instructor

Wednesday

07.00 – 07.30	Virtual Bodycombat	♥♥♥	S1	V
09.20 – 10.10	Aquafit	♥♥	P	Barbara
09.25 – 10.25	Bodycombat	♥♥♥	S1	Scott
09.40 – 10.25	Zumba	♥♥	S2	Peter
10.30 – 11.10	Active Life	♥	S1	Lillian
10.30 – 11.15	Tums, Bums & Thighs	♥♥	S2	Barbara
11.20 – 12.20	Pilates	♥♥	S2	Ilona
15.30 – 16.00	Virtual CXWorx	♥♥♥	S1	V
16.30 – 17.00	Virtual Sh'Bam	♥♥♥	S1	V
17.30 – 18.30	Bodycombat	♥♥♥	S1	Charis
18.05 – 19.05	Bodybalance	♥♥	S2	Sally
18.15 – 19.00	Aquafit	♥♥	P	Lillian
18.30 – 19.15	Barre	♥♥	S1	Mo
19.05 – 20.35	Yoga	♥♥	S2	Eva
19.20 – 20.20	Body Conditioning	♥♥	S1	Ilona

Thursday

07.00 – 07.30	Grit Cardio	♥♥♥	S2	Lindsay
09.00 – 09.30	Piloxing	♥♥♥	S1	Ileen
09.00 – 10.00	Bodypump	♥♥♥	S2	Jeni
09.30 – 10.15	Line Dancing	♥	S1	Ileen
10.05 – 10.55	Body Conditioning	♥♥	S2	Nikki
10.15 – 11.15	Active Life	♥	S1	Ilona
11.20 – 12.20	Pilates	♥♥	S2	Ilona
15.30 – 16.00	Virtual CXWorx	♥♥♥	S1	V
16.30 – 17.00	Virtual Bodycombat	♥♥♥	S1	V
17.25 – 18.10	Core Pilates	♥♥	S2	Nathalie
17.30 – 18.15	Konga	♥♥♥	S1	Caroline
18.20 – 19.10	Bodybalance	♥♥	S1	Sean
18.20 – 19.20	Bodypump	♥♥♥	S2	Kathy
19.10 – 19.55	Aquafit	♥♥	P	Fiona D
19.15 – 20.00	POUND	♥♥	S1	Vicki
19.20 – 19.50	CXWorx	♥♥♥	S2	Kathy
20.00 – 21.00	Yoga	♥♥	S2	Nathalie

Key

S1	Studio 1
S2	Studio 2
V	Virtual
P	Pool

Low intensity	♥
Medium intensity	♥♥
High intensity	♥♥♥

Classes in orange are new to this timetable.

Time	Class	Intensity	Studio	Instructor	Time	Class	Intensity	Studio	Instructor
Friday					Saturday				
07.00 – 07.30	Virtual CXWorx	♥♥♥♥	S1	V	09.00 – 10.00	Bodyjam	♥♥♥♥	S2	Karl
09.00 – 09.40	Body Conditioning	♥♥♥	S1	Danielle	10.05 – 10.50	Barre	♥♥♥	S1	Julie
09.00 – 10.00	Pilates	♥♥♥	S2	Clare S	10.05 – 10.50	Bodycombat	♥♥♥♥	S2	Lisa
09.45 – 10.30	Sh'Bam	♥♥♥♥	S1	Karl	10.55 – 11.40	Bodypump	♥♥♥♥	S2	Charlene
10.00 – 10.50	Aquafit	♥♥♥	P	Gemma	11.45 – 12.30	Zumba	♥♥♥	S1	Caroline
10.00 – 11.00	Pilates	♥♥♥	S2	Clare S	11.45 – 12.45	Bodybalance	♥♥♥	S2	Charlene
10.30 – 11.15	Active Life	♥	S1	Ilona					
11.00 – 11.50	Aquafit	♥♥♥	P	Gemma	Sunday				
11.00 – 12.00	Bodybalance	♥♥♥	S2	Audrey	09.00 – 09.30	Virtual CXWorx	♥♥♥	S1	V
12.00 – 12.45	H2O HIIT	♥♥♥♥	P	Gemma	09.35 – 10.35	Bodycombat	♥♥♥♥	S1	Lorna
13.00 – 13.45	Core Pilates	♥♥♥	S2	Nathalie	09.35 – 10.35	Bodypump	♥♥♥♥	S2	Lisa
15.00 – 15.30	Virtual CXWorx	♥♥♥♥	S1	V	10.40 – 11.10	Virtual HIIT	♥♥♥♥	S1	V
16.00 – 16.30	Virtual Bodycombat	♥♥♥♥	S1	V	10.40 – 11.25	Core Pilates	♥♥♥	S2	Sean
16.50 – 17.20	Grit Plyo	♥♥♥♥	S2	Lindsay	11.30 – 12.30	Bodybalance	♥♥♥	S2	Sean
17.00 – 17.30	Virtual Sh'Bam	♥♥♥♥	S1	V	15.15 – 16.00	Sh'Bam	♥♥♥	S2	Julie
17.25 – 17.55	Grit Strength	♥♥♥♥	S2	Lindsay	16.00 – 16.45	Barre	♥♥♥	S2	Julie
18.00 – 19.30	Yoga	♥♥♥	S2	Nathalie					



Jack Kane Sports Centre



Time Class Intensity Instructor

Monday

09.30 – 10.15	Group Cycling	♥♥♥	Fiona
18.15 – 19.00	Circuits	♥♥♥	Dougie
19.05 – 20.05	Pilates	♥♥	Gillian

Tuesday

09.30 – 10.30	Yoga	♥♥	Susan S
13.15 – 14.15	Pilates	♥♥	Ileen
14.15 – 15.00	Circuits	♥♥♥	Dougie
18.00 – 19.00	Bodypump	♥♥♥	Fiona
19.05 – 20.05	Pilates	♥♥	Fiona

Wednesday

10.45 – 11.30	Circuits	♥♥♥	Dougie
11.30 – 12.30	Yoga	♥♥	Karen
18.00 – 18.50	Circuits	♥♥♥	Fiona
18.50 – 19.35	Boxing Circuit	♥♥♥	Fiona
19.45 – 20.30	Bodybalance	♥♥	Fiona

Time Class Intensity Instructor

Thursday

09.30 – 10.15	Group Cycling	♥♥♥	Beth
12.15 – 13.00	Circuits	♥♥♥	Dougie
18.00 – 19.00	Bodypump	♥♥♥	Fiona
19.05 – 19.35	Core Conditioning	♥♥	Fiona

Friday

09.30 – 10.15	Zumba	♥♥	Anthony
10.15 – 11.15	Pilates	♥♥	Nathalie

Saturday

09.15 – 10.15	Bodypump	♥♥♥	Nikki
10.20 – 10.50	Core Conditioning	♥♥	Nikki

Sunday

10.00 – 10.45	Bodypump	♥♥♥	Fiona
10.50 – 11.50	Bodybalance	♥♥	Fiona

Classes in orange are new to this timetable.

Low intensity	♥
Medium intensity	♥♥
High intensity	♥♥♥

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Kirkliston Leisure Centre / Queensferry High Recreation Centre

Time Class Intensity Instructor Venue

Monday

18.15 – 18.45	Circuits	♥♥♥♥	Pamela	K
18.30 – 19.30	Body Conditioning	♥♥	Lynne S	QH
18.45 – 19.30	Bodyattack	♥♥♥♥	Pamela	K
18.45 – 19.30	Pilates	♥♥♥	Giuseppe	K
19.30 – 20.15	Pilates	♥♥♥	Giuseppe	K
19.30 – 20.30	Strength and Balance	♥♥	Lynne S	QH

Tuesday

18.15 – 19.30	Yoga	♥♥	Amy	K
18.30 – 19.30	PiYo	♥♥	Pamela	K

Wednesday

09.30 – 10.30	Pilates	♥♥	Giuseppe	K
11.30 – 12.30	GUAG Gym	♥	Neil G	QH
12.30 – 13.30	GUAG Gym	♥	Neil G	QH
18.15 – 19.00	Bodyattack	♥♥♥♥	Pamela	K
19.30 – 20.20	PiYo	♥♥	Yvonne	QH

Time Class Intensity Instructor Venue

Thursday

18.00 – 19.15	Yoga	♥♥	Amy	K
18.30 – 19.30	Bodypump	♥♥♥♥	Yvonne	K
19.15 – 20.15	Pilates	♥♥	Judi	K
19.30 – 20.00	CXWorx	♥♥	Yvonne	K

Saturday

09.00 – 09.45	AquaFit	♥♥	Lynne	QH
09.05 – 09.50	PiYo	♥♥	Yvonne	K
09.50 – 10.20	Metafit	♥♥♥♥	Yvonne	K
10.20 – 10.50	CXWorx	♥♥	Yvonne	K

Sunday

11.00 – 12.00	GUAG Gym	♥	Neil G	QH
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Classes in orange are new to this timetable.

Low intensity	♥
Medium intensity	♥♥
High intensity	♥♥♥♥

Key	
K	Kirkliston Leisure Centre
QH	Queensferry High Recreation Centre
P	Pool

Queensferry High Recreation Centre

30 Ashburnham Road,
South Queensferry EH30 9JN
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E: info.qhrc@edinburghleisure.co.uk

Kirkliston Leisure Centre

Kirklands Park Street,
Kirkliston EH29 9EY
T: 0131 333 4700

E: info.klc@edinburghleisure.co.uk

Leith Victoria Swim Centre

Time	Class	Intensity	Studio	Instructor	Time	Class	Intensity	Studio	Instructor
Monday					Wednesday				
07.00 – 07.50	RPM	♥♥♥	C	Bill	07.00 – 07.50	RPM	♥♥♥	C	Barry
09.30 – 10.30	Aquafit	♥♥	P	Egle	09.00 – 10.15	Yoga	♥♥	S2	Vanessa
09.30 – 10.30	Bodypump	♥♥♥	S1	Karl	09.30 – 10.00	Virtual Cycle	♥♥	C	V
10.00 – 11.30	Yoga	♥♥	S2	Vanessa	09.30 – 10.15	Sh'bam	♥♥♥	S1	Barry
10.35 – 11.35	Zumba	♥♥	S1	Rozanne	09.30 – 10.20	Aquafit	♥♥	P	Bill
12.30 – 13.00	Virtual Cycle	♥♥	C	V	10.20 – 11.20	Bodybalance	♥♥	S2	Mel
17.25 – 18.25	Bodypump	♥♥♥	S1	Lynsey	10.30 – 11.30	Active Life	♥	S1	Barry
17.30 – 18.15	New to Pilates	♥♥	S2	Beth	10.35 – 11.25	RPM	♥♥♥	C	Barry C
17.45 – 18.35	RPM	♥♥♥	C	Bill	12.30 – 13.00	Virtual Cycle	♥♥	C	V
18.15 – 19.15	Pilates	♥♥	S2	Beth	17.30 – 18.00	SPRINT	♥♥♥	C	Mari
18.30 – 19.30	Bodyattack	♥♥♥	S1	Mel	17.30 – 18.20	Masters	♥♥♥	P	Gail
18.30 – 20.00	Jog Scotland (Int)	♥♥	R	Andrew	17.40 – 18.25	Bodyattack	♥♥♥	S1	Mel
18.45 – 19.35	RPM	♥♥♥	C	Laura G	17.50 – 18.50	Pilates (Advanced)	♥♥	S2	Ryan
19.00 – 19.45	Aquafit	♥♥	P	Gill	18.10 – 19.00	RPM	♥♥♥	C	Mari
19.25 – 20.10	POUND	♥♥	S2	Rozanne	18.30 – 19.30	Bodypump	♥♥♥	S1	Barry C
19.30 – 20.30	Bodycombat	♥♥♥	S1	Sandra	19.00 – 20.30	Ashtanga Yoga	♥♥♥	S2	Laura G
19.45 – 20.15	Virtual Cycle	♥♥	C	V	19.05 – 19.55	RPM	♥♥♥	C	Laura
20.15 – 21.15	Yoga	♥♥	S2	Eva	19.30 – 20.15	Aquafit	♥♥	P	Patrycja
20.30 – 21.30	Zumba	♥♥	S1	Rozanne	19.35 – 20.35	Bodycombat	♥♥♥	S1	Sylwia
Tuesday									
06.45 – 07.30	Bodypump	♥♥♥	S1	Mel					
07.00 – 08.00	Gravity	♥♥	S2	Barry					
09.30 – 10.30	Bodycombat	♥♥♥	S1	Danielle					
09.30 – 10.30	Pilates	♥♥	S2	Mel					
10.15 – 11.00	Aquafit	♥♥	P	Grant					
10.35 – 11.20	Sh'bam	♥♥♥	S1	Barry					
10.35 – 12.05	Yoga	♥♥	S2	Vanessa					
11.20 – 12.00	Active Aqua	♥	P	Grant					
11.30 – 12.30	Danceability	♥	S1	Rozanne					
12.30 – 13.00	Virtual Cycle	♥♥	C	V					
17.00 – 17.45	Bodycombat	♥♥♥	S1	Scott					
17.00 – 17.30	SPRINT	♥♥♥	C	Clare B					
17.00 – 17.45	Barre	♥♥	S2	Sara					
17.45 – 18.30	Bodycombat	♥♥♥	S1	Scott					
17.45 – 18.35	RPM	♥♥♥	C	Barry C					
17.55 – 18.55	Bodybalance	♥♥	S2	Mari					
18.35 – 19.35	Bodypump	♥♥♥	S1	Dan					
18.45 – 19.35	RPM	♥♥♥	C	Lynsey					
19.00 – 20.00	Hatha Yoga	♥♥	S2	Laura					
19.45 – 20.15	Virtual Cycle	♥♥	C	V					
19.45 – 20.45	Hatton Boxing	♥♥♥	S1	Gym Team					
20.05 – 21.05	Hatha Yoga	♥♥	S2	Laura					



Time	Class	Intensity	Studio	Instructor	Time	Class	Intensity	Studio	Instructor
Thursday					Saturday				
07.00 – 07.45	Virtual Cycle	♥♥	C	V	08.35 – 09.20	Gravity Circuits	♥♥	S2	Barry
07.00 – 08.00	Gravity Circuits	♥♥	S2	Barry	08.35 – 09.20	Bodypump	♥♥♥♥	S1	Kathy
09.30 – 10.30	Pilates	♥♥	S2	Mel	09.15 – 09.45	SPRINT	♥♥♥♥	C	Mari/Laura G
09.45 – 10.30	POUND	♥♥	S1	Rozanne	09.25 – 10.10	POUND	♥♥	S2	Charis
10.30 – 12.00	Yoga	♥♥	S2	Eva	09.25 – 10.10	Bodyattack	♥♥	S1	Kathy
10.35 – 11.20	Sh'Bam	♥♥♥♥	S1	Barry	09.55 – 10.45	RPM	♥♥♥♥	C	Mari/Laura G
11.30 – 12.30	Active Mums	♥	S1	Barry	10.15 – 11.00	Sh'Bam	♥♥♥♥	S1	Barry
12.15 – 13.15	Active Sit	♥	S2	Mari	10.20 – 11.20	Pilates	♥♥	S2	Katie
12.30 – 13.00	Virtual Cycle	♥♥	C	V	11.05 – 12.05	Bodypump	♥♥♥♥	S1	Linzi
14.45 – 15.30	Seated Yoga	♥♥	S2	Joanna	11.25 – 12.25	Pilates	♥♥	S2	Katie
17.10 – 17.55	Bodypump	♥♥♥♥	S1	Mari	12.05 – 13.05	Bodybalance	♥♥	S1	Naomi
17.20 – 18.05	Bodybalance	♥♥	S2	Nancy	13.10 – 14.10	Hatton Boxing	♥♥♥♥	S1	Gym Team
17.45 – 18.35	RPM	♥♥♥♥	C	Susan	15.00 – 15.45	Zumba (Ladies only)	♥♥	S1	Aileen
18.00 – 18.45	Bodycombat	♥♥♥♥	S1	Charis	Sunday				
18.10 – 19.10	Bodybalance	♥♥	S2	Mari	09.30 – 10.20	RPM	♥♥♥♥	C	Lynsey
18.45 – 19.35	RPM	♥♥♥♥	C	Barry	09.30 – 10.30	Bodypump	♥♥♥♥	S1	Mari
18.50 – 19.35	Zumba	♥♥	S1	Rozanne	09.30 – 11.00	Yoga	♥♥	S2	Laura
19.15 – 20.15	Hatton Boxing	♥♥♥♥	S2	Gym Team	10.30 – 11.20	RPM	♥♥	C	Lynsey
19.35 – 20.20	Sh'Bam	♥♥♥♥	S1	Sara	10.35 – 11.35	Bodycombat	♥♥♥♥	S1	Mari
20.25 – 21.10	Barre	♥♥	S1	Sara	11.00 – 12.00	Yoga	♥♥	S2	Laura
Friday					11.40 – 12.40	Bodybalance	♥♥	S1	Mari
07.00 – 07.50	RPM	♥♥♥♥	C	Barry	16.00 – 17.00	Virtual Cycle	♥♥	C	V
09.30 – 10.30	Bodypump	♥♥♥♥	S1	Kathy	16.30 – 18.00	Yoga	♥♥	S2	Matilda
09.30 – 10.45	Yoga	♥♥	S2	Vanessa	Key				
10.35 – 11.20	Barre	♥	S1	Marianne	S1	Studio 1			
12.00 – 13.00	Power Swim	♥♥♥♥	P	Patrycja	S2	Studio 2			
12.30 – 13.00	Virtual Cycle	♥♥	C	V	C	Cycle Studio			
17.10 – 18.00	Bodybalance	♥♥	S2	Mel	R	Reception			
17.30 – 18.20	RPM	♥♥♥♥	C	Susan H	P	Pool			
17.30 – 18.30	Bodypump	♥♥♥♥	S1	Allan	V	Virtual classes take place without an instructor			
18.05 – 19.05	Yoga	♥♥	S2	Matilda	Low intensity ♥				
18.35 – 19.20	POUND	♥♥	S1	Charis	Medium intensity ♥♥				
19.10 – 20.10	Yoga	♥♥	S2	Katie	High intensity ♥♥♥♥				

Classes in orange are new to this timetable.

Portobello Swim Centre

Time Class Intensity Studio Instructor

Monday

09.00 – 09.50	Aquafit	♥♥	P	Barbara
09.15 – 10.00	15/15/15	♥♥	S1	Val
10.15 – 11.15	Yoga	♥♥	S1	Karen
10.30 – 11.30	Yoga	♥♥	S2	Elaine
11.35 – 12.35	Pilates (Advanced)	♥♥	S1	Jane
12.40 – 13.40	Active Life	♥	S1	Una
13.45 – 14.45	Pilates (Beginners)	♥♥	S1	Jane
15.00 – 16.00	Line Dancing	♥	S1	Ileen
17.45 – 18.40	Bodycombat	♥♥♥♥	P	Steph
18.00 – 19.00	Pilates	♥♥♥	S1	Danielle
18.45 – 19.30	Bodypump	♥♥♥	S2	Clare S
18.45 – 19.30	Bodypump	♥♥♥	S1	Dawn
19.30 – 20.30	Bodybalance	♥♥♥	S2	Nancy
19.35 – 20.30	Zumba	♥♥	S1	Aileen

Tuesday

08.50 – 09.35	15/15/15	♥♥	S1	Val
09.10 – 10.00	Aquafit	♥♥	P	Haitham
09.45 – 10.45	Bodybalance	♥♥	S1	Sabrina
11.15 – 12.45	New to Tai Chi †	♥	S2	James
16.55 – 17.25	Core Conditioning	♥♥	S1	Ileen
17.25 – 17.55	Metafit	♥♥♥	S1	Ileen
18.00 – 19.00	Bodybalance	♥♥	S2	Clare B
18.00 – 19.00	Tums, Bums & Thighs	♥♥	S1	Danielle
19.00 – 20.00	Bodypump	♥♥♥	S1	Ileen
20.05 – 21.05	Pilates	♥♥	S1	Jane

Wednesday

09.00 – 09.50	Aquafit	♥♥	P	Val
09.15 – 10.15	Yoga	♥♥	S1	Gillian
09.30 – 10.30	Pilates	♥♥	S2	Clare S
10.20 – 11.00	Active Aqua	♥	P	Gemma
10.30 – 11.15	15/15/15	♥♥	S1	Val
11.10 – 12.00	Aquafit	♥♥	P	Egle
13.00 – 14.30	Hatha Yoga	♥♥	S1	Karen
17.10 – 17.55	Bodycombat	♥♥♥	S1	Sandra
18.00 – 18.45	Bodypump	♥♥♥	S1	Dan
18.15 – 19.00	H2O HIIT	♥♥♥	P	Grant
18.30 – 20.00	Yoga	♥♥	S2	Gillian S
19.00 – 20.00	Bodybalance	♥♥	S1	Willow

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Time Class Intensity Studio Instructor

Thursday

08.40 – 09.25	15/15/15	♥♥	S1	Val
09.10 – 10.00	Aquafit	♥♥	P	Haitham
09.30 – 10.30	Bodybalance	♥♥	S1	Val
10.35 – 11.35	Line Dancing	♥	S1	Audrey
11.35 – 13.05	Yoga	♥♥	S1	Tara
13.30 – 14.30	Active Life	♥	S1	Una
18.00 – 18.50	Aquafit	♥♥	P	Grant
18.00 – 19.30	Ashtanga Yoga (Intermediate)	♥♥♥	S2	Mark
18.10 – 19.10	Bodypump	♥♥♥	S1	Linzi
19.15 – 20.15	Boxercise	♥♥♥	S1	Grant

Friday

08.15 – 09.15	Yoga	♥♥♥	S1	Karen
09.30 – 10.30	Yoga	♥♥	S1	Karen
10.15 – 11.15	Bodybalance	♥♥	S2	Fiona
10.40 – 11.40	Yoga	♥♥	S1	Karen
11.10 – 12.00	Aquafit	♥♥	P	Grant
11.45 – 12.45	Pilates (Intermediate)	♥♥	S1	Sabrina
17.00 – 18.00	Clubbercise	♥♥	S1	Ileen
18.00 – 19.00	Bodycombat	♥♥♥	S1	Roger

Saturday

09.10 – 10.10	Bodyattack	♥♥♥	S1	Lynsey
10.00 – 11.00	Yoga (Beginners)	♥♥	S2	Zosia
10.15 – 11.15	Bodybalance	♥♥	S1	Gillian
11.15 – 12.00	PIYo	♥♥	S1	Gillian
12.15 – 13.45	Power Yoga	♥♥	S2	Martina

Sunday

09.15 – 10.00	Bodycombat	♥♥♥	S1	Sandra
10.15 – 11.15	Bodypump	♥♥♥	S1	Barbara
11.30 – 13.00	Ashtanga Yoga	♥♥♥	S1	Mark
13.00 – 14.30	Ashtanga Yoga	♥♥♥	S1	Mark

† New to Tai Chi is a 10 week bookable course. You must attend a New to Tai Chi course before you can attend a Tai Chi General class

Classes in orange are new to this timetable.

Key	
S1	Studio 1
S2	Studio 2
P	Pool

Low intensity	♥
Medium intensity	♥♥
High intensity	♥♥♥

Barre

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Royal Commonwealth Pool

Time	Class	Intensity	Studio	Instructor	Time	Class	Intensity	Studio	Instructor
Monday					Tuesday				
06.30 – 07.30	Masters	♥♥♥♥	P	Andy	06.45 – 07.30	Bodycombat	♥♥♥♥	S1	Una
06.45 – 07.30	Bodyattack	♥♥♥♥	S1	Sarah	09.15 – 10.05	RPM	♥♥♥♥	S2	Barry
09.15 – 10.15	Hatha Yoga	♥♥	S3	Mandy	09.15 – 10.15	Turns, Bums & Thighs	♥♥	S1	Ruth
09.30 – 10.30	Bodycombat	♥♥♥♥	S1	Danielle	10.00 – 11.00	Hydrospin	♥♥	P	Fiona
09.30 – 10.30	Active Life	♥	S2	Ruth L	10.15 – 11.15	Bodybalance	♥♥	S2	Kasia
10.15 – 11.05	Aquafit	♥♥	P	Gemma	10.20 – 11.05	Bodypump	♥♥♥♥	S1	Barbara
10.30 – 11.30	Bodybalance	♥♥	S3	Gillian	11.20 – 12.00	Active Aqua*	♥	P	Fiona
10.45 – 11.35	RPM	♥♥♥♥	S2	Ruth L	12.30 – 13.00	GRIT Cardio	♥♥♥♥	S1	Gordon
11.10 – 12.00	Skills and Drills	♥♥	P	Sophie	13.00 – 14.00	Skills and Drills	♥♥	P	Andy
13.00 – 14.00	Strength and Balance	♥♥	S2	Gym Team	13.25 – 14.55	New to Tai Chi †	♥	S1	James
16.45 – 17.30	Bodypump	♥♥♥♥	S1	Barry	16.40 – 17.25	Bodycombat	♥♥♥♥	S1	Fiona T
17.30 – 18.00	Metafit	♥♥♥♥	S2	Kasia	17.25 – 18.15	Insanity	♥♥♥♥	S2	Sarah
17.40 – 18.25	Sh'Bam	♥♥♥♥	S1	Kerry	17.30 – 18.30	Bodystep	♥♥♥♥	S1	Ruth
17.45 – 18.30	Core Pilates	♥♥	S3	Sally	18.00 – 19.00	Bodybalance	♥♥	S3	Kasia
18.15 – 19.15	Circuits	♥♥♥♥	S2	Ray	18.15 – 19.00	Sh'Bam	♥♥♥♥	S2	Sarah
18.30 – 19.30	Bodyattack	♥♥♥♥	S1	Yvonne	18.30 – 19.15	H2O HIIT	♥♥♥♥	P	Gemma
18.35 – 19.35	Bodybalance	♥♥	S3	Sally	18.35 – 19.35	Bodypump	♥♥♥♥	S1	Steve
19.05 – 20.05	Hydrospin	♥♥	P	Fiona	19.00 – 20.30	Hatha Yoga	♥♥	S3	Catriona
19.20 – 20.10	RPM	♥♥♥♥	S2	Egle	19.25 – 20.20	Bodycombat	♥♥♥♥	S2	Danielle
19.35 – 20.20	PiYo	♥♥♥♥	S3	Yvonne	19.40 – 20.40	Bodypump	♥♥♥♥	S1	Steve
19.35 – 20.35	Bodycombat	♥♥♥♥	S1	Phil	20.30 – 21.20	RPM	♥♥♥♥	S2	Kathy
20.10 – 21.10	Hydrospin	♥♥	P	Fiona	20.35 – 21.35	Hatha Yoga	♥♥	S3	Joanna
20.30 – 21.30	Fitness Yoga	♥♥	S3	Scott H					



*Term time only

† New to Tai Chi is a 10 week bookable course.

8 January 2019 – 12 March 2019, 19 March 2019 – 21 May 2019

You must attend a New to Tai Chi course before you can attend a Tai Chi General class.

Classes in orange are new to this timetable.

Time	Class	Intensity	Studio	Instructor
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Time	Class	Intensity	Studio	Instructor
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Wednesday				
06.45 – 07.30	Bodypump	♥♥♥	S1	Mel
09.00 – 10.00	Active Life	♥	S2	Ruth
09.15 – 10.15	Bodystep	♥♥♥	S1	Ileen
09.15 – 10.15	Pilates	♥♥	S3	Egle
10.10 – 11.00	AquaFit	♥♥	P	Valentina
10.30 – 11.30	Piloxing	♥♥♥	S1	Ileen
12.00 – 13.00	Skills and Drills	♥♥	P	Andy
13.30 – 15.00	Tai Chi †	♥	S2	James
16.45 – 17.30	Bodyattack	♥♥♥	S1	Kasia
16.45 – 17.30	Sh'Bam	♥♥♥	S2	Sara
17.35 – 18.35	Bodypump	♥♥♥	S2	Kasia
17.45 – 18.30	Tums, Bums & Thighs	♥♥	S2	Barry
18.00 – 19.00	New To Pilates	♥♥	S3	Beth
18.05 – 19.05	Hydrospin	♥♥	P	Gemma
18.30 – 19.20	Insanity	♥♥♥	S2	Barry
18.40 – 19.40	Bodycombat	♥♥♥	S1	Charlene
19.00 – 20.00	Pilates	♥♥	S3	Beth
19.15 – 20.00	AquaFit	♥♥	P	Gemma
19.30 – 20.20	RPM	♥♥♥	S2	Lynne
19.40 – 20.40	Zumba	♥♥	S1	Anthony
20.05 – 21.05	Ashtanga Yoga	♥♥♥	S3	Savanna

Thursday				
06.30 – 07.30	Masters	♥♥♥	P	Andy
06.45 – 07.30	Bodyattack	♥♥♥	S1	Kerry
09.00 – 09.50	AquaFit	♥♥	P	Barbara
09.15 – 10.05	RPM	♥♥♥	S2	Emma
09.30 – 10.30	Bodypump	♥♥♥	S1	Janie
10.00 – 11.00	Hydrospin	♥♥	P	Fiona
10.30 – 11.30	Bodycombat	♥♥♥	S2	Charis
10.35 – 11.35	Bodybalance	♥♥	S1	Kasia
11.15 – 12.05	AquaFit	♥♥	P	Fiona
11.35 – 12.35	Danceability	♥	S2	Jane
12.00 – 13.00	Skills and Drills	♥♥	P	Andy
12.15 – 13.00	Pilates	♥♥	S1	Pamela W
16.35 – 17.20	Bodyattack	♥♥♥	S1	Kathy
17.25 – 18.25	Bodypump	♥♥♥	S1	Lynsey
17.30 – 18.15	Bodycombat	♥♥♥	S2	Lisa
18.00 – 19.00	Bodybalance	♥♥	S3	Megan
18.30 – 19.20	RPM	♥♥♥	S2	Mary
18.30 – 19.30	Bodyattack	♥♥♥	S1	Pamela
19.00 – 20.30	Hatha Yoga	♥♥	S3	Karen
19.30 – 20.20	RPM	♥♥♥	S2	Kirsty
19.35 – 20.35	Bodystep	♥♥♥	S1	Kasia
20.30 – 21.30	Hatha Yoga	♥♥	S3	Karen

Low intensity	♥
Medium intensity	♥♥
High intensity	♥♥♥

Key	
S1	Studio 1
S2	Studio 2
S3	Studio 3
P	Pool

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Time Class Intensity Studio Instructor

Friday

06.30 – 07.30	Masters	♥♥♥	P	Andy
06.45 – 07.30	Bodypump	♥♥♥	S1	Michelle
07.00 – 07.50	RPM	♥♥♥	S2	Kathy
09.00 – 09.50	Aquafit	♥♥	P	Ingrid
09.05 – 09.50	Group Cycling	♥♥♥	S2	Audrey Mc
09.30 – 10.30	Tums, Bums & Thighs	♥♥	S1	Ruth L
10.00 – 11.00	Skills and Drills	♥♥	P	Kerrie
10.00 – 11.00	Bodycombat	♥♥♥	S2	Charis
10.00 – 11.00	Pilates	♥♥♥	S3	Gillian S
11.00 – 11.45	POUND	♥♥	S2	Charis
12.30 – 13.00	Metafit	♥♥♥	S1	Una
16.45 – 17.30	Bodycombat	♥♥♥	S1	Sylwia
17.35 – 18.35	Bodypump	♥♥♥	S1	Sylwia
18.00 – 19.00	Pilates	♥♥	S3	Jenny
18.35 – 19.35	Bodybalance	♥♥	S1	Sylwia
19.05 – 20.35	Hatha Yoga	♥♥	S3	Frances

Saturday

07.15 – 07.45	GRIT Strength	♥♥	S1	Gordon
07.30 – 08.20	Group Cycling	♥♥♥	S2	Stevie
07.50 – 08.20	GRIT Plyo	♥♥♥	S1	Gordon
08.30 – 09.20	Group Cycling	♥♥♥	S2	Stevie
08.30 – 09.30	Bodypump	♥♥♥	S1	Scott
09.35 – 10.35	Bodyattack	♥♥♥	S1	Dan
10.35 – 11.20	Sh'Bam	♥♥♥	S1	Heather
11.30 – 12.30	Bodybalance	♥♥	S1	Heather
15.00 – 16.25	Power Yoga	♥♥♥	S2	Martina
16.30 – 17.30	Bodypump	♥♥♥	S1	Brian
17.30 – 18.20	RPM	♥♥♥	S2	Jamie
17.40 – 18.25	Zumba	♥♥	S1	Caroline

Key	
S1	Studio 1
S2	Studio 2
S3	Studio 3
P	Pool

Classes in orange are new to this timetable.

Low intensity	♥
Medium intensity	♥♥
High intensity	♥♥♥

Time Class Intensity Studio Instructor

Sunday

08.15 – 09.15	Pilates	♥♥	S3	Sean
08.25 – 09.25	Bodypump	♥♥♥	S1	Barry
09.25 – 10.55	Hatha Yoga	♥♥	S3	Katie
09.30 – 10.30	Bodycombat	♥♥♥	S1	Megan
09.40 – 10.30	RPM	♥♥♥	S2	Barry
10.35 – 11.35	Bodypump	♥♥♥	S1	Brian
11.00 – 11.45	Sh'Bam	♥♥♥	S2	Heather
11.00 – 12.30	Hatha Yoga	♥♥	S3	Julie
11.40 – 12.40	Bodybalance	♥♥	S1	Clare B
12.00 – 12.50	RPM	♥♥♥	S2	Brian
16.00 – 16.30	Metafit	♥♥♥	S1	Kasia
16.30 – 17.00	Core Conditioning	♥♥	S1	Kasia
17.00 – 18.00	Zumba	♥♥	S1	Caroline
17.30 – 19.00	Ashtanga Yoga	♥♥♥	S3	Karen
18.05 – 19.05	Bodypump	♥♥♥	S1	Emma



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low usage,
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