

**Fitness Class Timetable**

January - April 2017

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# Group fitness at the biggest club in town

**700+**  
FITNESS CLASSES  
PER WEEK

[edinburghleisure.co.uk](http://edinburghleisure.co.uk)

Registered Scottish Charity No: SC027450

**Edinburgh Leisure**  
The Biggest Club in Town

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# Picking the right class for you...



As the city's largest health and leisure club, we've got over 700 classes per week on offer. There's plenty to choose from including the popular Les Mills programme, yoga, Zumba, water based and cycle based classes.

We pride ourselves on having an extensive and motivating programme. Our timetables are issued three times per year and we are consistently on the lookout for new and exciting products to add value to, and compliment the programme where we can. Customer feedback is always taken on board whilst making these decisions to ensure we are always fresh, relevant and keep up with demand. We hope you find what you are looking for within 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.**

# 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.**

### **BASKETBALL/CIRCUITS** ♥♥

A fun and effective group activity which caters for players of all abilities and includes a short station-based circuit session incorporating all aspects of fitness.

### **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.

### **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.

### **INDOOR 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. It's called Max Interval Training because it keeps your body working at maximum capacity through your entire workout. You keep pushing your limits - so your body has to adapt.

### **LES MILLS GRIT CARDIO** ♥♥♥♥

LES MILLS GRIT™ Cardio is a 30 minute high-intensity interval training workout that improves cardiovascular fitness, increases speed and maximises calorie burn.

### **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.

### **METABOX** ♥♥♥♥

An effective fat burning workout which raises your resting metabolism by combining body weight exercises of high intensity intervals with short recovery periods.

### **POUND** ♥♥♥

Pound® is the world's first cardio jam session inspired by the infectious fun of playing the drums using Riptix®, which are lightly weighted drumsticks engineered specifically for exercising. This exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels and all ages and abilities.

### **POWER TEST** ♥♥♥♥

The Functional Threshold Wattage (power) test makes it possible to determine your base power level on a bike. It will help you to monitor the workout progress. It is a great tool as a starting point to determine what power you currently generate and how your training will help improve this area of fitness.

### **RPM** ♥♥♥♥

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

### **RPM EXTREME** ♥♥♥♥

A challenging 60 min, high intensity, cardiovascular cycling workout, for those participants that want a little bit more.

### **STEP AEROBICS** ♥♥♥♥

Fun, fat blasting, step fusion!

### **SPRINT** ♥♥♥♥

A class built on the science of high-intensity interval training (HIIT). It's a quick and hard style of training that returns rapid results with minimal joint impact. The short duration of a LES MILLS SPRINT workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort.

### **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 30 minute 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 but effective 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** ♥♥♥♥

Power Step 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 burst 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.

### **20/20/20** ♥♥♥♥

A class that is formulated of three 20 minute blocks that can include a mixture of step, circuits, conditioning and core.

### ACTIVE LIFE ♥

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

### ACTIVE SIT ♥

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

### 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.

### BODYPUMP TECHNIQUE ♥♥

Specialised session demonstrating technique and explaining class content. Ideal for new customers and individuals who wish to improve their technique.

### BODYVIVE ♥♥

A low impact full body workout that leaves you feeling thoroughly invigorated, rejuvenated and energised.

### BOOTCAMP ♥♥♥

A circuit-based class using various equipment to push you to your limits but allowing you to work at your own level.

### 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.

### LES MILLS GRIT STRENGTH ♥♥♥

LES MILLS 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.

### KETTLE BELL CIRCUITS ♥♥♥

A fat burning, toning and strength and condition class using kettle bells, punching, drill and body weight exercises. This workout is a fast moving, high intensity session to music, which gives fast results in increasing fitness levels.

### 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.

### SWISS BALL ♥♥

A core stability class using a fit ball. A class to strengthen the whole body focusing on core stability.

### 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.

### BOUNCE DANCEFIT ♥♥♥

Bounce Dancefit has a commercial Pop/R&B root and the choreography is fun and easy to follow, combining the latest hip-hop and commercial chart hits. Dance styles covered include Hip-Hop, Waacking, House and Vogue.

### 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 90's 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!

### 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 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.

### 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.)

### SALSA-CISE ♥♥♥

An energetic mix of Hi/Low dance aerobics with a Latin feel. This is a fun filled, upbeat workout for all levels of fitness which will get your body moving using a combination of cardiovascular training and toning exercises.

### 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 ♥♥♥

Through 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.

### 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, to ensure that all students can enjoy the practice of Ashtanga yoga.

### 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.



## 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.**

### 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.

### AQUANATAL ♥♥

An Aquafit class specifically for ante/post natal women. This is a safe, effective way to work out throughout your pregnancy and can help you get back in shape after birth.

### AQUAZUMBA ♥♥

Good old Zumba, but in the pool!

### HYDROSPIN ♥♥

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

### H2O HIIT ♥♥♥

This cardio & strength routine blends High Intensity Interval Training (HIIT) and power strengthening using equipment.

### 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 FAQ's

## **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 and be ready to start the class in time.

## **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. You can pay at reception or pay in full over the telephone to confirm your booking. (Switch, Visa, MasterCard, & Amex accepted.)

## **Can I just turn up to a class?**

Yes. It is advised however that you contact the venue of the class to ensure that there is space available, particularly during evening times.

## **Why are some classes listed in orange?**

If a class is in orange on the timetable, this means it is a new class for this edition.

## **Can I book online?**

Yes. Customers with a record on our system can book fitness classes via our App or Online. If fitness classes are not included in your membership, you must pay at the time of booking. Log on to our Online Member Centre using your username and password. Within the Member Centre you will also find the email address we have on record for you along with the PIN which will allow you to log on to the App.

If fitness classes are included in your membership you can manage and cancel your bookings using the App or Online too. Failing to inform us that you cannot attend your class within 2 hours of its start time will result in a charge unless someone else takes your space. See page 26 for details. If you do not turn up for your class you will be charged a £2 No Show fee.

**N.B. Customers who cannot attend their class and have paid are required to contact the venue. Cancellations made more than 2 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**

## Monday

06.30 – 07.20	RPM	♥♥♥♥	C	Aileen C
09.15 – 10.15	Bodypump	♥♥♥♥	S1	Gary
10.00 – 10.45	Aquafit	♥♥	P	Katrina
10.15 – 11.00	Turns, Bums & Thighs	♥♥	S1	Gary
11.30 – 12.20	RPM	♥♥♥♥	C	Bill
12.30 – 13.15	Bodycombat	♥♥♥♥	S1	Charis
17.00 – 18.00	Bodypump	♥♥♥♥	S1	Allan
17.15 – 18.05	RPM	♥♥♥♥	C	Lynne
18.00 – 18.30	CXWorx	♥♥♥♥	S1	Allan
18.15 – 19.05	RPM	♥♥♥♥	C	Brian
18.40 – 19.30	Turns, Bums & Thighs	♥♥	S1	Cath
19.10 – 19.55	Aquafit	♥♥	P	Lynne
19.15 – 20.05	RPM	♥♥♥♥	C	Kathy
19.30 – 20.30	Bodybalance	♥♥	S1	Cath
20.30 – 21.30	Bodycombat	♥♥♥♥	S1	Danielle

## Tuesday

06.30 – 07.15	Bodycombat	♥♥♥♥	S1	Michelle
09.00 – 10.30	Yoga (Beginner/Improver)	♥♥	S1	Sheena
10.30 – 11.30	Pilates (Beginners)	♥♥	S1	Gillian
11.30 – 12.15	Aquafit	♥♥	P	Haitham
11.30 – 12.30	Bodyvive	♥♥	S1	Una
12.15 – 12.45	Sprint	♥♥♥♥	C	Egle
12.30 – 13.00	Skills and Drills	♥♥	P	Claire
12.35 – 13.20	Bodypump	♥♥♥♥	S1	Danielle
17.00 – 17.50	RPM	♥♥♥♥	C	Michelle R
17.00 – 18.00	Bodycombat	♥♥♥♥	S1	Sylvia
18.00 – 18.30	Sprint	♥♥♥♥	C	Michelle R
18.00 – 18.55	Bodyattack	♥♥♥♥	H	Rosie
18.30 – 20.00	Yoga (Beginner/Improver)	♥♥	S1	Alexis
20.00 – 21.30	Yoga (Beginner/Improver)	♥♥	S1	Alexis

**Time Class Intensity Studio Instructor**

## Wednesday

06.30 – 07.00	Metafit	♥♥♥♥	S1	Kerry
07.00 – 07.25	Core Conditioning	♥♥♥♥	S1	Kerry
09.15 – 10.15	Bodycombat	♥♥♥♥	S1	Danielle
10.00 – 10.45	Aquafit	♥♥	P	Lynne
10.15 – 11.15	Turns, Bums & Thighs	♥♥	S1	Danielle
11.15 – 12.15	Pilates	♥♥	S1	Petra
12.30 – 13.15	Bodycombat	♥♥♥♥	S1	Megan
12.30 – 13.00	Skills and Drills	♥♥	P	Claire
14.00 – 15.00	Active Sit	♥	S1	Mari
17.00 – 18.00	Bodycombat	♥♥♥♥	S1	Una
18.00 – 18.50	RPM	♥♥♥♥	C	Jenna
18.00 – 19.00	Bodybalance	♥♥	S1	Jean
18.30 – 19.20	Aquafit	♥♥	P	Katrina
19.05 – 20.05	Zumba	♥♥	S1	Roslyn
19.10 – 20.00	RPM	♥♥♥♥	C	Brian
20.05 – 21.05	Bodypump	♥♥♥♥	S1	Danielle



**Time Class Intensity Studio Instructor**

Thursday				
06.30 – 07.15	Bodycombat	♥♥♥♥	S1	Michelle
06.45 – 07.35	RPM	♥♥♥♥	C	Barry
09.15 – 10.15	Bodycombat	♥♥	S1	Michelle S
09.30 – 10.20	RPM	♥♥♥♥	C	Egle
10.30 – 11.15	Powerhoop	♥♥	S1	Egle
11.30 – 12.15	Aquafit	♥♥♥	P	Haittham
11.30 – 12.30	Bodybalance	♥♥	S1	Sylwia
12.30 – 13.00	Skills and Drills	♥♥	P	Claire
12.30 – 13.00	Insanity	♥♥♥♥	S1	Henriett
13.30 – 14.30	Line Dancing	♥	S1	Audrey
17.30 – 18.20	RPM	♥♥♥♥	C	Brian
17.45 – 18.30	Bodyattack	♥♥♥♥	S1	Rosie
18.30 – 19.00	Sprint	♥♥♥♥	C	Michelle R
18.30 – 19.30	Bodypump	♥♥♥♥	S1	Danielle
19.35 – 20.35	Bodycombat	♥♥♥♥	S1	Michelle S

Friday				
06.30 – 07.15	Insanity	♥♥♥♥	S1	Pamela
09.15 – 10.15	Bodybalance	♥♥	S1	Cristina
09.15 – 10.15	Bodyattack	♥♥♥♥	H	Pamela
10.25 – 11.25	Bodypump	♥♥♥♥	S1	Danielle
11.30 – 12.30	Active Life	♥	S1	Christine
12.30 – 13.20	RPM	♥♥♥♥	C	Barry
12.35 – 13.20	Bodycombat	♥♥♥♥	S1	Danielle
17.15 – 18.15	Bodystep	♥♥♥♥	S1	Ruth
17.30 – 18.15	RPM	♥♥♥♥	C	Michelle R
18.20 – 19.05	Bodypump	♥♥♥♥	S1	Ruth
19.10 – 19.55	Sh'Bam	♥♥♥♥	S1	Mo
20.00 – 20.45	Bodyjam	♥♥♥♥	S1	Mo

Key	
S1	Studio 1
H	Hall
C	Cycle Studio
P	Pool

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

**Time Class Intensity Studio Instructor**

Saturday				
07.40 – 08.25	Bodycombat	♥♥♥♥	S1	Sylwia
08.30 – 09.00	CXWorx	♥♥	S1	Rosie
09.00 – 10.00	RPM	♥♥♥♥	C	Michelle R
09.05 – 10.05	Bodyattack	♥♥♥♥	S1	Rosie
10.05 – 11.00	RPM	♥♥♥♥	C	Michelle R
10.05 – 11.05	Bodybalance	♥♥	S1	Cath B
11.10 – 12.10	Bodystep	♥♥♥♥	S1	Denise
12.15 – 13.15	Bodycombat	♥♥♥♥	S1	Denise
13.30 – 14.30	Yoga	♥♥	S1	Joyce

Sunday				
09.00 – 10.00	Bodypump	♥♥♥♥	S1	Michelle
10.00 – 10.50	RPM	♥♥♥♥	R	Michelle R
10.05 – 11.05	Bodycombat	♥♥♥♥	S1	Michelle
11.00 – 11.50	RPM	♥♥♥♥	C	Michelle R
11.05 – 12.05	Bodyattack	♥♥♥♥	S1	Yvonne
12.10 – 13.10	Bodypump	♥♥♥♥	S1	Yvonne
16.00 – 17.00	Bodypump	♥♥♥♥	S1	Sylwia
17.05 – 18.05	Bodycombat	♥♥♥♥	S1	Sylwia



# Craiglockhart Leisure Centre

Time	Class	Intensity	Studio	Instructor	Time	Class	Intensity	Studio	Instructor
<b>Monday</b>									
07.15 – 07.45	Virtual CXWorx	♥♥	S1	V	16.30 – 17.00	Virtual Sh'Bam	♥♥♥	S1	V
07.50 – 08.50	Virtual Bodycombat	♥♥♥	S1	V	17.25 – 17.55	Core Conditioning	♥♥	S1	Ileen
08.30 – 09.30	Pilates	♥♥♥	S3	Giuseppe	17.30 – 19.00	Yoga	♥♥	S3	Julie
09.00 – 10.00	Active Life	♥	S1	Izabela	17.45 – 18.35	RPM	♥♥♥	C	Jane
09.10 – 10.00	RPM	♥♥♥	C	Jane	17.55 – 18.55	Bodypump	♥♥♥	S1	Ileen
09.15 – 10.00	Body Conditioning	♥♥	S2	Pamela	18.00 – 19.00	Bodybalance	♥♥	S2	Vanessa
09.30 – 10.30	Pilates (Improvers)	♥♥	S3	Allan	18.45 – 19.35	RPM	♥♥♥	C	Susan
10.05 – 11.05	Bodyattack	♥♥♥	S2	Pamela	19.00 – 20.00	Bodyattack	♥♥♥	S1	Ruth
10.05 – 11.05	Bodypump	♥♥♥	S1	Charlene	19.05 – 20.05	Zumba	♥♥	S2	Sabine
10.30 – 11.30	Pilates (Improve)	♥♥	S3	Allan	19.15 – 20.15	Pilates (Improve)	♥♥	S3	Rhona
11.00 – 12.00	Cardio Tennis	♥♥♥	TC	Michael	19.45 – 20.30	FTW Test*	♥♥♥	C	Susan
11.15 – 12.45	Yoga (Improve)	♥♥	S1	Anne	20.15 – 21.15	Pilates (Improve)	♥♥	S3	Rhona
11.30 – 12.30	Pilates (Improve)	♥♥	S3	Rhona	20.15 – 21.45	Yoga (Improve)	♥♥	S2	Janis
14.45 – 15.30	Active Life	♥	S1	Egle					

\*Class available on the first Monday of every month.

<b>Tuesday</b>									
07.00 – 07.50	RPM	♥♥♥	C	Michelle	17.45 – 18.35	RPM	♥♥♥	C	Susan
08.25 – 09.25	Virtual Bodypump	♥♥♥	S1	V	18.00 – 19.00	Bodystep	♥♥♥	S1	Yvonne
09.15 – 09.30	New to Pilates**	♥♥	S3	Rhona	18.10 – 18.55	Zumba	♥♥	S2	Petra
09.30 – 10.30	Pilates (Beginner)	♥♥	S3	Rhona	18.15 – 19.15	Fitness Pilates (Improve)	♥♥	S3	Gill
09.30 – 10.20	RPM	♥♥♥	C	Jane	18.45 – 19.35	RPM	♥♥♥	C	Lynne
09.30 – 10.30	Step Aerobics	♥♥♥	S1	Nikki	19.00 – 20.00	Bodybalance	♥♥	S2	Gillian
09.45 – 10.30	Latin Rhythms	♥♥	S2	Katy	19.05 – 20.05	Bodycombat	♥♥♥	S1	Charis
10.30 – 11.30	Pilates (Improve)	♥♥	S3	Rhona	19.15 – 20.15	Pilates (Improvers)	♥♥	S3	Lesley C
10.35 – 11.35	Bodybalance	♥♥	S1	Amber	20.00 – 21.30	Yoga	♥♥	S2	Joyce
10.45 – 12.15	Yoga	♥♥	S2	Julie	20.10 – 21.10	Bodyattack	♥♥♥	S1	Craig
11.30 – 12.30	Pilates (Improve)	♥♥	S3	Rhona	20.15 – 21.15	Pilates (Beginners)	♥♥	S3	Lesley C
14.00 – 15.00	Line Dancing	♥	S2	Helen F	21.15 – 21.45	Virtual Bodycombat	♥♥♥	S1	V
17.25 – 17.55	Core Conditioning	♥♥	S2	Yvonne					

<b>Wednesday</b>									
09.10 – 10.10	Active Life	♥♥	S1	Ilona	17.45 – 18.35	RPM	♥♥♥	C	Bill K
09.15 – 10.15	Body Conditioning	♥♥	S2	Susan	17.55 – 18.55	Tums, Bums & Thighs	♥♥	S1	Yvonne
09.30 – 10.20	RPM	♥♥♥	C	Mhairi	18.00 – 18.45	POUND	♥♥	S2	Helen F
09.30 – 10.25	Pilates (Improve)	♥♥	S3	Rhona	18.30 – 20.00	Yoga (Beginner)	♥♥	S3	Betty
10.20 – 11.50	Yoga	♥♥	S1	Anne	18.45 – 19.35	RPM	♥♥♥	C	Ruth
10.30 – 11.20	RPM	♥♥♥	C	Mhairi	19.00 – 20.00	Bodypump	♥♥♥	S1	Steve
10.30 – 11.30	Pilates (Improve)	♥♥	S3	Rhona	19.05 – 20.05	Bodybalance	♥♥	S2	Julie M
11.30 – 12.30	Pilates (Beginners)	♥♥	S3	Rhona	20.00 – 21.00	Pilates (Improve)	♥♥	S3	Rhona
14.00 – 15.00	Fitsteps	♥♥	S1	Helen F	20.05 – 20.30	Virtual CXWorx	♥♥♥	S1	V
15.10 – 15.55	Virtual Sh'Bam	♥♥♥	S1	V					
17.15 – 17.45	Virtual Bodybalance	♥♥	S1	V					

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

**Time Class Intensity Studio Instructor**

Thursday				
07.00 – 07.50	RPM	♥♥♥	C	Michelle S
08.30 – 09.30	Pilates (Improver)	♥♥♥	C	Allan
09.30 – 10.30	Bodystep	♥♥♥♥	S1	Eva
09.30 – 10.20	RPM	♥♥♥	C	Bill K
09.30 – 10.30	Pilates (Improver)	♥♥♥	S3	Allan
09.30 – 10.30	PiYo	♥♥♥	S2	Gillian S
10.30 – 11.30	Pilates (Improver)	♥♥♥	S3	Rhona
10.35 – 11.35	Bodypump	♥♥♥♥	S1	Scott
11.30 – 12.30	Pilates (Improver)	♥♥♥	S3	Rhona
12.30 – 13.00	Virtual CXWorx	♥♥♥	S1	V
17.30 – 18.20	RPM	♥♥♥♥	C	Jane
17.30 – 18.30	Fitness Pilates (Improver)	♥♥♥	S3	Ryan
18.00 – 19.00	Bodybalance	♥♥♥	S2	Corrie
18.00 – 19.00	Bodystep	♥♥♥♥	S1	Ruth
18.30 – 19.30	Fitness Pilates	♥♥♥	S3	Ryan
18.30 – 19.30	Performance Training	♥♥♥♥	C	Jenny
19.05 – 20.05	Bodycombat	♥♥♥♥	S1	Emma
19.05 – 20.05	Zumba	♥♥♥	S2	Carol
19.30 – 20.30	Pilates (Improvers)	♥♥♥	S3	Lesley C
20.05 – 21.05	Bodypump	♥♥♥♥	S1	Lisa
20.15 – 21.45	Yoga	♥♥♥	S2	Julie

**Friday**

07.40 – 08.10	Virtual CXWorx	♥♥♥	S1	V
09.00 – 10.00	Active Life	♥♥	S1	Eva
09.00 – 10.00	Pilates	♥♥♥	S3	Alison
09.25 – 09.55	Core Conditioning	♥♥♥	S2	Susan
09.30 – 10.20	RPM	♥♥♥♥	C	Allan
10.05 – 11.05	Bodystep	♥♥♥♥	S1	Eva
10.10 – 11.40	Yoga	♥♥♥	S3	Christine
10.30 – 11.30	Bodybalance	♥♥♥	S2	Allan
11.05 – 12.05	Zumba	♥♥♥	S1	Petra
12.30 – 13.30	Active Life	♥	S2	Helen
17.15 – 18.05	RPM	♥♥♥♥	C	Bill K
17.30 – 18.15	Bodypump	♥♥♥♥	S1	Lynsey
18.15 – 19.05	RPM	♥♥♥♥	C	Bill K
18.15 – 19.15	Latin Rhythms	♥♥♥	S1	Katy/Fiona
18.20 – 19.20	Bodyattack	♥♥♥♥	S1	Craig
19.00 – 20.00	Cardio Tennis	♥♥♥♥	TC	Michael

**Time Class Intensity Studio Instructor**

Saturday				
09.15 – 09.45	Virtual CXWorx	♥♥♥	S1	V
09.15 – 10.15	Fitsteps	♥♥♥	S2	Helen F
09.30 – 10.20	RPM	♥♥♥♥	C	Allan
09.50 – 10.50	Bodystep	♥♥♥♥	S1	Yvonne
10.00 – 11.30	Yoga	♥♥♥	S3	Julie
10.15 – 11.00	Zumba	♥♥♥	S2	Helen F
10.30 – 11.20	RPM	♥♥♥♥	C	Allan
10.55 – 11.55	Bodypump	♥♥♥♥	S1	Ruth
11.05 – 12.05	Bodybalance	♥♥♥♥	S2	Julie M
12.00 – 13.00	Bodyattack	♥♥♥♥	S1	Ruth
12.05 – 12.50	PiYo	♥♥♥	S2	Julie M

**Sunday**

09.05 – 10.05	Bodypump	♥♥♥♥	S1	Yvonne
09.15 – 10.15	Pilates	♥♥♥	S3	Katie
09.30 – 10.20	RPM	♥♥♥♥	C	Jane
10.10 – 11.10	Bodystep	♥♥♥♥	S1	Ruth
10.30 – 11.15	RPM	♥♥♥♥	C	Jane
10.35 – 12.05	Yoga	♥♥♥	S3	Linda
11.15 – 12.15	Bodycombat	♥♥♥♥	S1	Lisa
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	
H	Hall
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	♥♥♥♥

# Drumbrae Leisure Centre

Time	Class	Intensity	Studio	Instructor	Time	Class	Intensity	Studio	Instructor
<b>Monday</b>					<b>Wednesday</b>				
07.05 – 07.35	Sprint	♥♥♥♥	C	Jamie	07.05 – 07.35	Sprint	♥♥♥♥	C	Michelle R
09.00 – 09.30	Metafit	♥♥♥♥	S1	Una	07.20 – 07.50	CXWorx	♥♥♥♥	S1	Rosie
09.30 – 10.30	Bodycombat	♥♥♥♥	S1	Una	09.15 – 10.00	PiYo	♥♥♥♥	S1	Aileen R
10.30 – 11.30	Yoga	♥♥♥♥	S2	Laura	10.00 – 10.45	Active Life	♥	S1	Petra
10.30 – 11.30	Bodyvive	♥♥♥♥	S1	Una	10.00 – 10.50	Aquafit	♥♥	P	Karen
11.00 – 11.45	Aquafit	♥♥	P	Gillian	10.45 – 11.30	POUND	♥♥♥♥	S1	Helen
12.00 – 13.00	Line Dancing	♥	S1	Audrey	10.45 – 12.15	Tai Chi (General) †	♥	S2	James
13.30 – 15.00	Hatha Yoga	♥♥	S2	Moirra	12.15 – 12.45	Sprint	♥♥♥♥	C	Michelle R
14.30 – 15.30	Strength and Balance	♥	S1	Mari	12.15 – 13.15	Zumba	♥♥♥♥	S1	Peter
17.30 – 18.30	Bodyattack	♥♥♥♥	S1	Olga	17.45 – 18.30	Zumba	♥♥♥♥	S1	Petra
17.45 – 18.35	RPM	♥♥♥♥	C	Michelle R	17.45 – 18.35	RPM	♥♥♥♥	C	Egle
18.00 – 19.30	Hatha Yoga	♥♥♥♥	S2	Sheena	18.00 – 19.30	Yoga (Beginners)	♥♥♥♥	S2	Joyce
18.30 – 19.15	Indoor Circuits (G)	♥♥♥♥	S1	Gym Team	18.30 – 19.30	Bodyattack	♥♥♥♥	S1	Rosie
18.30 – 19.30	Bodypump	♥♥♥♥	S1	Julie	18.45 – 19.35	RPM	♥♥♥♥	C	Egle
18.45 – 19.35	RPM	♥♥♥♥	C	Mandy	19.30 – 20.30	Bodypump	♥♥♥♥	S1	Allan
19.00 – 20.00	Masters (Pool)	♥♥♥♥	P	Stuart	20.30 – 21.30	Bodybalance	♥♥♥♥	S1	Allan
19.30 – 21.00	Yoga (Advanced)	♥♥♥♥	S2	Sheena					
19.35 – 20.35	Bodyjam	♥♥♥♥	S1	Cath					
20.40 – 21.40	Bodybalance	♥♥♥♥	S1	Mandy					
<b>Tuesday</b>									
07.05 – 07.50	Bodypump	♥♥♥♥	S1	Aileen C					
07.05 – 07.55	Group Cycling	♥♥♥♥	C	Stevie					
09.15 – 10.00	Zumba	♥♥♥♥	S1	Aileen					
09.30 – 10.20	RPM	♥♥♥♥	C	Allan					
09.30 – 10.30	Yoga	♥♥♥♥	S2	Martina					
10.05 – 11.05	Bodypump	♥♥♥♥	S1	Mandy					
10.30 – 11.30	Yoga	♥♥♥♥	S2	Martina					
11.10 – 11.55	Powerhoop	♥♥♥♥	S1	Aileen					
12.00 – 12.50	Masters (Pool)	♥♥♥♥	P	Karen					
12.00 – 13.00	Pilates	♥♥♥♥	S2	Petra					
13.30 – 15.00	Yoga	♥♥♥♥	S2	Kerry					
14.30 – 15.30	Active Sit	♥	S1	Mari					
17.00 – 17.45	Bodycombat	♥♥♥♥	S1	Louise					
17.45 – 18.35	RPM	♥♥♥♥	C	Julie					
17.45 – 18.45	Bodypump	♥♥♥♥	S1	Louise					
18.00 – 18.50	Pilates	♥♥♥♥	S2	Judith					
18.45 – 19.35	RPM	♥♥♥♥	C	Julie					
18.45 – 19.45	Bodycombat	♥♥♥♥	S1	Louise					
19.00 – 19.50	Pilates	♥♥♥♥	S2	Judith					
19.45 – 20.30	Tums, Bums & Thighs	♥♥	S1	Sarah					
20.30 – 21.15	Bodyattack	♥♥♥♥	S1	Suzanne					



† Bookable course. Please contact the centre for details.  
You must attend a New to Tai Chi course before you can attend a Tai Chi General course.

**Time Class Intensity Studio Instructor**

Thursday				
07.05 – 07.55	Insanity	♥♥♥♥	S1	Aileen C
09.30 – 10.20	RPM	♥♥♥♥	C	Lynne S
09.30 – 10.30	Bodycombat	♥♥♥♥	S1	Danielle
10.30 – 11.30	Body Conditioning	♥♥	S1	Pamela
11.30 – 12.30	Pilates	♥♥	S2	Egle
13.00 – 14.00	Strength and Balance	♥	S1	Mari
14.15 – 15.15	Strength and Cardio	♥	S1	Mari
16.45 – 17.30	Bodycombat	♥♥♥♥	S1	Louise
17.30 – 18.00	Sprint	♥♥♥♥	C	Lynne F
17.30 – 18.30	Bodypump	♥♥♥♥	S1	Louise
18.10 – 19.00	RPM	♥♥♥♥	C	Lynne F
18.30 – 19.15	Indoor Circuits (G)	♥♥♥♥	S1	Gym Team
18.30 – 19.30	Bodycombat	♥♥♥♥	S1	Louise
19.30 – 20.20	Aquafit (F)	♥♥	P	Lynne F
19.30 – 20.30	Body Conditioning	♥♥♥♥	S1	Cath
20.30 – 21.30	Bodyjam	♥♥♥♥	S1	Mo

Friday				
07.20 – 07.50	Metafit	♥♥♥♥	S1	Una
09.30 – 10.30	Bodypump	♥♥♥♥	S1	Mandy
10.00 – 10.50	Aquafit	♥♥	P	Karen
10.35 – 11.20	Pilates (Beginners)	♥♥	S2	Beth
10.35 – 11.35	Bodybalance	♥♥	S1	Mandy
11.25 – 12.25	Pilates (Intermediate)	♥♥	S2	Beth
11.45 – 12.45	Active Sit	♥	S1	Mari
12.30 – 13.30	Pilates	♥♥	S2	Beth
13.30 – 15.00	New to Tai Chi	♥	S2	James
17.30 – 18.30	Bodypump	♥♥♥♥	S1	Julie
17.45 – 18.35	RPM	♥♥♥♥	C	Lynne F
18.35 – 19.35	PIYo	♥♥	S1	Julie

**Time Class Intensity Studio Instructor**

Saturday				
08.45 – 09.30	Bodypump	♥♥♥♥	S1	Janie
09.15 – 09.45	Sprint	♥♥♥♥	C	Mandy
09.30 – 10.30	Bodypump	♥♥♥♥	S1	Janie
09.30 – 11.00	Yoga	♥♥	S2	Petra
10.00 – 10.50	RPM	♥♥♥♥	C	Mandy
10.30 – 11.30	Bodybalance	♥♥	S1	Janie
11.00 – 11.50	Group Cycling	♥♥♥♥	C	Stevie
11.30 – 12.30	Bodycombat	♥♥♥♥	S1	Scott
12.30 – 13.00	Core Conditioning	♥♥	S1	Scott

Sunday				
09.15 – 10.05	RPM	♥♥♥♥	C	Alan
09.30 – 10.30	Bodycombat	♥♥♥♥	S1	Fiona
09.45 – 10.45	Pilates	♥♥	S2	Lesley
10.15 – 11.05	RPM	♥♥♥♥	C	Alan
10.30 – 11.15	Body Conditioning	♥♥	S1	Cath B
11.15 – 12.15	Bodybalance	♥♥	S1	Cath B
15.00 – 15.45	PIYo	♥♥	S1	Yvonne
16.00 – 17.00	Bodyjam	♥♥♥♥	S1	Mo

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

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

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**Time Class Intensity Instructor**

## Monday

08.05 – 08.40	Virtual Bodypump	♥♥♥♥	V
12.30 – 13.00	Virtual RPM	♥♥♥♥	V
17.15 – 17.45	Virtual War	♥♥♥♥	V
19.30 – 20.20	RPM	♥♥♥♥	Julie

## Tuesday

08.05 – 08.40	Virtual RPM	♥♥♥♥	V
09.35 – 10.30	Bodyvive	♥♥	Una
12.30 – 13.00	Virtual War	♥♥♥♥	V
17.30 – 18.00	Virtual CXWorx	♥♥	V
18.30 – 19.30	Bodypump	♥♥♥♥	Emma

## Wednesday

08.05 – 08.40	Virtual Zumba	♥♥	V
09.00 – 09.45	Virtual Aerobics	♥♥	V
10.00 – 11.30	Yoga	♥♥	Moir
12.30 – 13.00	Virtual Power	♥♥♥♥	V

**Time Class Intensity Instructor**

## Thursday

08.05 – 08.40	Virtual Bodycombat	♥♥♥♥	V
09.15 – 10.00	Virtual Zumba	♥♥	V
10.10 – 11.10	Active Life	♥	Alan
12.30 – 13.05	Virtual HIIT	♥♥♥♥	V
17.30 – 18.15	Virtual Sh'Bam	♥♥♥♥	V
18.15 – 19.45	Yoga	♥♥	Janis

## Friday

08.05 – 08.40	Virtual RPM	♥♥♥♥	V
09.45 – 10.45	Virtual Bodybalance	♥♥	V
12.30 – 13.10	Virtual Bodypump	♥♥♥♥	V
17.30 – 18.15	Virtual RPM	♥♥♥♥	V

## Saturday

11.30 – 12.30	Virtual Bodycombat	♥♥♥♥	V
15.00 – 16.00	Virtual RPM	♥♥♥♥	V

## Sunday

09.00 – 09.45	Virtual Bodypump	♥♥♥♥	V
10.00 – 11.30	Yoga	♥♥	Moir
11.40 – 12.10	Virtual CXWorx	♥♥	V



**EICA:RATHO**  
 Edinburgh International Climbing Arena



### Key



Virtual classes take place without an instructor

Virtual Classes can be requested out with the scheduled classes. Please call the venue 24 hours in advance.

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

Cycle Classes

# Cycle Classes at the biggest club in town

Join in and reap the benefits!

Available at: Ainslie Park Leisure Centre, Craiglockhart Tennis and Leisure Centre, Drumbrae Leisure Centre, EICA:Ratho, Jack Kane Sports Centre, Leith Victoria Swim Centre, Meadowbank Sports Centre and Royal Commonwealth Pool.

**RPM** – A cycling workout that delivers maximum results with minimum impact on your joints.

**SPRINT** – A 30 minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

**Group Cycle** – 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.

**See the venue's page for further details on which classes are available!**

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# Glenogle Swim Centre

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

Time	Class	Intensity	Instructor
<b>Tuesday</b>			
07.15 – 08.00	Bodypump	♥♥♥	Bill
09.30 – 10.30	Body Conditioning	♥♥	Jeni
10.30 – 11.30	Active Life	♥	Christine
11.30 – 12.30	Zumba	♥♥	Peter
12.30 – 13.00	Metafit	♥♥♥	Jamie
17.45 – 18.30	Tums, Bums & Thighs	♥♥	Henriett
18.00 – 19.00	Masters (Pool)	♥♥♥	Emma
18.30 – 19.30	Bodybalance	♥♥	Jean
19.30 – 20.30	Bodycombat	♥♥♥	Deborah
20.30 – 21.30	Pilates	♥♥	Sally

Time	Class	Intensity	Instructor
<b>Wednesday</b>			
09.30 – 10.30	Bodycombat	♥♥♥	Jeni
10.30 – 11.30	Bodyvive	♥♥	Christine
12.35 – 13.35	Pilates	♥♥	Sabrina
17.15 – 18.00	Bodypump	♥♥♥	Aileen
18.00 – 19.00	Zumba	♥♥	Aileen
19.00 – 20.30	Iyengar Yoga	♥♥	Alan

Time	Class	Intensity	Instructor
<b>Thursday</b>			
09.30 – 10.30	Bodybalance	♥♥	Jean
10.30 – 11.30	Zumba	♥♥	Peter
11.30 – 12.30	Bodycombat	♥♥♥	Danielle
12.30 – 13.00	Metafit	♥♥♥	Una
18.00 – 19.00	Bodybalance	♥♥	Christine
19.10 – 19.55	Bodypump	♥♥♥	Brian
20.00 – 21.00	Hatha Yoga	♥♥	Susan

Time	Class	Intensity	Instructor
<b>Friday</b>			
09.00 – 10.00	Zumba	♥♥	Peter
09.30 – 10.30	Mums on the Run	♥	Graeme
10.00 – 11.00	Bodyvive	♥♥	Christine
11.00 – 12.00	Pilates	♥♥	Egle
12.35 – 13.35	Iyengar Yoga	♥♥	Alan
17.30 – 18.15	Bodycombat	♥♥♥	Lorna
18.30 – 20.00	Hatha Yoga	♥♥	Julie M

Time	Class	Intensity	Instructor
<b>Saturday</b>			
08.00 – 08.50	Masters (Pool)	♥♥♥	Alana
09.30 – 10.30	Bodycombat	♥♥♥	Danielle
12.30 – 13.30	Bodybalance	♥♥	Allan
12.30 – 13.45	Iyengar Yoga	♥♥	Alan

Time	Class	Intensity	Instructor
<b>Sunday</b>			
09.25 – 10.10	Bodypump	♥♥♥	Jean
10.15 – 11.00	Body Conditioning	♥♥	Pamela
11.00 – 12.00	Bodybalance	♥♥	Sean /Egle
12.00 – 13.00	Pilates	♥♥	Lis
13.30 – 15.00	Iyengar Yoga	♥♥	Alan

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

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# Gracemount Leisure Centre

**Time Class Intensity Studio Instructor**

## Monday

09.15 – 10.00	Latin Rhythms	♥♥	S1	Fiona B
09.15 – 10.15	Bodycombat	♥♥♥	S2	Michelle
10.00 – 11.00	Active Life	♥	S1	Ilona
10.15 – 11.00	Bodypump	♥♥♥	S2	Fiona O
11.05 – 12.05	Pilates	♥♥	S2	Ilona
12.00 – 13.00	Virtual Bodycombat	♥♥♥	S1	V
12.05 – 13.05	Pilates	♥♥	S2	Ilona
13.15 – 13.45	Virtual CXWorx	♥♥♥	S1	V
17.00 – 18.00	Pilates	♥♥	S2	Joan
17.50 – 18.50	Body Conditioning	♥♥	S1	Barbara
18.00 – 19.00	Pilates	♥♥	S2	Joan
18.50 – 19.50	Bodycombat	♥♥♥	S1	Charis
19.10 – 20.00	Aquafit	♥♥	P	Barbara
19.40 – 20.40	Bodyjam	♥♥♥	S2	Karl
19.50 – 20.50	Bodyattack	♥♥♥	S1	Izabella

## 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
12.30 – 13.00	Virtual Sh'Bam	♥♥	S1	V
17.30 – 18.30	Bodypump	♥♥♥	S2	Bill
17.45 – 18.30	POUND	♥♥	S1	Charis
18.15 – 19.00	Aquafit	♥♥	P	Pamela
18.35 – 19.20	Sh'Bam	♥♥♥	S1	Ally
18.35 – 19.35	Pilates Intermediate	♥♥	S2	Ilona
19.20 – 20.05	PiYo	♥♥	S1	Pamela
19.35 – 20.35	Bodycombat	♥♥♥	S2	Sarah D

**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	♥♥♥	S2	Scott
09.45 – 10.30	Zumba	♥♥	S1	Peter
10.30 – 11.10	Active Life	♥	S1	Lillian
10.30 – 11.15	Tums, Bums & Thighs	♥♥	S2	Barbara
11.15 – 12.15	Pilates	♥♥	S2	Ilona
12.15 – 13.15	Virtual Bodycombat	♥♥♥	S1	V
17.30 – 18.30	Bodycombat	♥♥♥	S1	Charis
18.05 – 19.05	Bodybalance	♥♥	S2	Sally
18.15 – 19.05	Aquafit	♥♥	P	Lillian
18.30 – 19.15	Bodyjam	♥♥♥	S1	Mo
19.05 – 20.35	Yoga	♥♥	S2	Eva
19.15 – 20.15	Body Conditioning	♥♥	S1	Ilona

## Thursday

07.00 – 07.30	Grit Cardio	♥♥♥	S1	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
13.30 – 14.00	Virtual Sh'Bam	♥♥	S1	V
17.25 – 18.10	Core Pilates	♥♥	S2	Nathalie
17.30 – 18.15	Insanity	♥♥♥	S1	Emma
18.20 – 19.05	Circuits	♥♥♥	S1	Gemma
18.20 – 19.20	Bodypump	♥♥♥	S2	Kathy
19.20 – 19.50	CXWorx	♥♥♥	S2	Kathy
19.20 – 20.10	Bodybalance	♥♥	S1	Mandy
19.55 – 20.55	Bodyjam	♥♥	S2	Cath
20.10 – 20.55	Tums, Bums & Thighs	♥♥	S1	Suzanne

**Time Class Intensity Studio Instructor**

**Time Class Intensity Studio Instructor**

### Friday

09.00 – 09.40	Body Conditioning	♥♥	S1	Danielle
09.00 – 10.00	Pilates	♥♥	S2	Joan
09.45 – 10.30	Sh'Bam	♥♥♥	S1	Karl
10.00 – 10.50	Aquafit	♥♥	P	Gemma
10.00 – 11.00	Pilates	♥♥	S2	Joan
10.30 – 11.15	Active Life	♥	S1	Ilona
11.00 – 11.50	Aquafit	♥♥	P	Gemma
11.00 – 12.00	Bodybalance	♥♥	S2	Cath
12.45 – 13.30	Core Pilates	♥♥	S2	Nathalie
13.00 – 14.00	Virtual Bodybalance	♥♥	S1	V
14.00 – 15.00	Virtual Bodycombat	♥♥♥	S1	V
17.30 – 18.00	Grit Strength	♥♥♥	S2	Lindsay
17.50 – 18.35	Konga	♥♥	S1	Caroline
18.05 – 18.35	Grit Cardio	♥♥♥	S2	Lindsay

### Sunday

09.00 – 09.30	Virtual CXWorx	♥♥	S1	V
09.35 – 10.35	Bodycombat	♥♥♥	S1	Lorna
09.35 – 10.35	Bodypump	♥♥♥	S2	Mandy
10.40 – 11.10	Virtual HIIT	♥♥♥	S1	V
10.40 – 11.25	Core Pilates	♥♥	S2	Lucie
11.30 – 12.25	Virtual Boot	♥♥♥	S1	V
11.30 – 12.30	Bodybalance	♥♥	S2	Mandy
15.30 – 16.30	Virtual Bodycombat	♥♥♥	S1	V

### Saturday

09.00 – 09.55	Virtual Boot	♥♥♥	S1	V
09.00 – 10.00	Bodyjam	♥♥♥	S2	Karl
10.00 – 10.45	Bodycombat	♥♥♥	S2	Lisa
10.05 – 11.05	Virtual Bodybalance	♥♥	S1	V
10.55 – 11.40	Bodypump	♥♥♥	S2	Charlene
11.45 – 12.30	Zumba	♥♥	S2	Sabine
12.30 – 13.30	Bodybalance	♥♥	S2	Nathalie
15.00 – 16.00	Virtual Bodycombat	♥♥♥	S1	V



### Key

S1	Studio 1
S2	Studio 2
H	Hall
V	Virtual
P	Pool

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

# Jack Kane Sports Centre



**Time**      **Class**      **Intensity**   **Instructor**

## Monday

09.30 – 10.15	Indoor Cycling	♥♥♥♥	Fiona
17.45 – 18.35	Insanity	♥♥♥♥	Taylor
18.40 – 19.40	Pilates	♥♥	Carol

## Tuesday

09.30 – 10.30	Tums, Bums & Thighs	♥♥	Cristina
13.15 – 14.15	Pilates	♥♥	Ileen
14.15 – 15.00	Circuits	♥♥♥♥	Dougie
18.00 – 19.00	Bodypump	♥♥♥♥	Fiona W
19.05 – 20.05	Pilates	♥♥	Fiona W

**Time**      **Class**      **Intensity**   **Instructor**

## Wednesday

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

## Thursday

12.15 – 13.00	Circuits	♥♥♥♥	Dougie
18.00 – 19.00	Bodypump	♥♥♥♥	Fiona W
19.05 – 19.45	Boxing Circuit	♥♥♥♥	Fiona W

## Friday

09.30 – 10.15	Zumba	♥♥	Anthony
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## Saturday

09.15 – 10.05	PiYo	♥♥	Carol
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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	Core Conditioning	♥♥	Pamela	K
18.30 – 19.30	Body Conditioning	♥♥	Lynne	QH
18.45 – 19.30	Bodyattack	♥♥♥	Pamela	K
19.30 – 20.15	Pilates	♥♥	Petra	K
19.30 – 20.30	Salsa-cise	♥♥	Lynne	QH
20.15 – 21.00	Pilates	♥♥	Petra	K

## Tuesday

18.00 – 19.00	Circuits	♥♥♥♥	Pamela	K
18.15 – 19.15	Yoga	♥♥	Taiba	K
19.00 – 19.45	Boxercise	♥♥♥♥	Deb	K

## Wednesday

11.30 – 12.30	GUAG Gym	♥	Neil G	QH
12.30 – 13.30	GUAG Gym	♥	Neil G	QH
18.15 – 19.00	Bodyattack	♥♥♥♥	Yvonne	K
19.30 – 20.20	PiYo	♥♥	Yvonne	QH

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

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

**Time Class Intensity Instructor Venue**

## Thursday

18.30 – 19.30	Bodypump	♥♥♥	Yvonne	K
19.00 – 19.45	Pilates	♥♥	Nathalie	K
19.30 – 20.00	CXWorx	♥♥	Yvonne	K
19.45 – 20.30	Pilates	♥♥	Nathalie	K
20.00 – 21.45	Basketball/Circuits	♥♥	Neil G	QH

## Saturday

09.05 – 09.50	Body Conditioning	♥♥	Yvonne	K
09.15 – 10.00	AquaFit	♥♥	Haiatham	QH
09.15 – 10.45	Yoga	♥♥	Taiba	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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## Queensferry High Recreation Centre

30 Ashburnham Road,  
South Queensferry EH30 9JN  
T: 0131 319 3222

E: [info.qhrc@edinburghleisure.co.uk](mailto:info.qhrc@edinburghleisure.co.uk)

## Kirkliston Leisure Centre

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

E: [info.klc@edinburghleisure.co.uk](mailto:info.klc@edinburghleisure.co.uk)

# Leith Victoria Swim Centre

Time	Class	Intensity	Studio	Instructor	Time	Class	Intensity	Studio	Instructor
<b>Monday</b>									
07.00 – 07.50	RPM	♥♥♥	C	Bill	18.15 – 19.15	Pilates	♥♥	S2	Beth
09.30 – 10.30	Aquafit	♥♥	P	Egle	18.30 – 19.30	Bodyattack	♥♥♥	S1	Mel
09.30 – 10.30	Bodypump	♥♥♥	S1	Karl	18.45 – 19.35	RPM	♥♥♥	C	David
10.35 – 11.35	Zumba	♥♥	S1	Rozanne	19.00 – 20.00	Jog Scotland (Beg)	♥♥	R	Andrew
12.30 – 13.00	Virtual Cycle	♥♥	C	V	19.25 – 20.10	Bounce DanceFit	♥♥♥	S2	Ally
17.25 – 18.25	Bodypump	♥♥♥	S1	Lynsey	19.30 – 20.30	Bodycombat	♥♥♥	S1	Deborah
17.30 – 18.15	New to Pilates	♥♥	S2	Beth	19.45 – 20.15	Virtual Cycle	♥♥	C	V
17.45 – 18.35	RPM	♥♥♥	C	Bill	20.15 – 21.15	Yoga	♥♥	S2	Eva
18.00 – 18.45	Aquafit	♥♥	P	Gemma	20.30 – 21.30	Zumba	♥♥	S1	Rostlyn
18.00 – 19.00	Jog Scotland (Int)	♥♥	R	Andrew					
<b>Tuesday</b>									
07.00 – 08.00	Bodypump	♥♥♥	S1	Mel	17.55 – 18.55	Bodybalance	♥♥	S2	Mari
07.00 – 08.00	Gravity	♥♥	S2	Barry	18.30 – 19.35	Bodypump	♥♥♥	S1	Dan
09.30 – 10.30	Bodycombat	♥♥♥	S1	Danielle	18.45 – 19.35	RPM	♥♥♥	C	Lynsey
09.30 – 10.30	Pilates	♥♥	S2	Mel	19.00 – 20.00	Hatha Yoga	♥♥	S2	Laura M
10.35 – 12.05	Yoga	♥♥	S1	Vanessa	19.45 – 20.15	Virtual Cycle	♥♥	C	V
12.30 – 13.00	Virtual Cycle	♥♥	C	V	19.40 – 20.40	Hatton Boxing	♥♥♥	S1	Gym Team
17.30 – 18.30	Bodycombat	♥♥♥	S1	Scott	20.05 – 21.05	Hatha Yoga	♥♥	S2	Laura
17.45 – 18.35	RPM	♥♥♥	C	Barry C					
<b>Wednesday</b>									
07.00 – 07.50	RPM	♥♥♥	C	Barry	17.40 – 18.25	Bodyattack	♥♥♥	S1	Mel
09.30 – 10.15	Sh'bam	♥♥♥	S1	Barry	17.50 – 18.50	Pilates (Advanced)	♥♥	S2	Ryan
09.30 – 10.20	Aquafit	♥♥	P	Bill	18.05 – 18.55	RPM	♥♥♥	C	Mari
10.30 – 11.30	Active Life	♥	S1	Barry	18.30 – 19.30	Bodypump	♥♥♥	S1	Rebecca
10.35 – 11.35	Bodybalance	♥♥	S2	Vanessa	19.00 – 20.30	Ashtanga Yoga	♥♥♥	S2	Laura M
12.30 – 13.00	Virtual Cycle	♥♥	C	V	19.30 – 20.30	Bodycombat	♥♥♥	S1	Sylwia
17.30 – 18.00	Sprint	♥♥♥	C	Mari	19.45 – 20.15	Virtual Cycle	♥♥	C	V
17.30 – 18.20	Masters	♥♥♥	P	Gail					



Time	Class	Intensity	Studio	Instructor
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Time	Class	Intensity	Studio	Instructor
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### Thursday

07.00 – 07.45	Virtual Cycle	♥♥	C	V
07.00 – 08.00	Gravity Circuits	♥♥	S2	Barry
09.30 – 10.20	AquaFit	♥♥	P	Jay
09.30 – 10.30	Pilates	♥♥	S2	Mel
10.30 – 12.00	Yoga	♥♥	S2	Eva
10.35 – 11.20	Sh'Bam	♥♥♥	S1	Barry
12.30 – 13.00	Virtual Cycle	♥♥	C	V
17.00 – 17.10	New to Bodypump	♥♥♥	S1	Mari
17.10 – 17.55	Bodypump	♥♥♥	S1	Mari
18.00 – 18.45	Bodycombat	♥♥♥	S1	Charis
18.00 – 18.50	RPM	♥♥♥	C	David
18.05 – 19.00	Bodybalance	♥♥	S2	Mari
18.45 – 19.30	Zumba	♥♥	S1	Roslyn
19.00 – 19.30	Virtual Cycle	♥♥	C	V
19.05 – 20.05	Hatton Boxing	♥♥♥	S2	Gym Team
19.30 – 20.15	Sh'Bam	♥♥♥	S1	Sara

### Friday

07.00 – 07.50	RPM	♥♥♥	C	Barry
09.30 – 10.30	Bodypump	♥♥♥	S1	Barry
10.30 – 11.30	Piloxing	♥♥♥	S1	Ileen
12.30 – 13.00	Virtual Cycle	♥♥	C	V
17.10 – 17.55	Bodybalance	♥♥	S2	Mel
17.30 – 18.15	RPM	♥♥♥	C	Susan
17.30 – 18.30	Bodypump	♥♥♥	S1	Allan
18.00 – 19.00	Yoga	♥♥	S2	Alexis
18.35 – 19.20	POUND	♥♥	S1	Charis

### Saturday

09.10 – 09.55	Gravity Circuits	♥♥	S2	Barry
09.10 – 09.55	POUND	♥♥	S1	Charis
09.30 – 10.20	RPM	♥♥♥	C	Mari
10.00 – 10.45	Sh'Bam	♥♥♥	S1	Barry
10.10 – 11.10	Pilates	♥♥	S2	Mel
10.45 – 11.45	Bodypump	♥♥♥	S1	Rebecca
11.10 – 12.10	Pilates	♥♥	S2	Mel
11.45 – 12.45	Bodybalance	♥♥	S1	Rebecca
16.00 – 17.00	Zumba	♥♥	S1	Aileen

### Sunday

09.30 – 10.20	RPM	♥♥♥	C	Lynsey
09.30 – 10.30	Bodypump	♥♥♥	S1	Mari
09.30 – 11.00	Yoga	♥♥	S2	Laura M
10.35 – 11.35	Bodycombat	♥♥♥	S1	Mari
11.00 – 12.00	Yoga	♥♥	S2	Laura M
11.40 – 12.40	Bodybalance	♥♥	S1	Mari
16.00 – 17.00	Virtual Cycle	♥♥	C	V

### Key

S1	Studio 1
S2	Studio 2
C	Cycle Studio
P	Pool
V	Virtual classes take place without an instructor

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

# Meadowbank Sports Centre

**Time Class Intensity Studio Instructor**

## Monday

09.30 – 10.20	Insanity	♥♥♥	S1	Barry
09.30 – 10.30	PIYo	♥♥	H5	Gillian
10.00 – 11.30	Hatha Yoga	♥♥	H6	Vanessa
10.35 – 11.35	Bodystep	♥♥♥	S1	Ileen
11.45 – 12.30	Line Dancing	♥	S1	Ileen
17.30 – 18.00	Insanity	♥♥♥	S1	Karl
18.00 – 19.00	Bodycombat	♥♥♥	S1	Karl
18.05 – 18.50	Bounce DanceFit	♥♥♥	H5	Sara
18.10 – 19.00	RPM	♥♥♥	R	Barry
19.00 – 20.00	Bodybalance	♥♥	S1	Amber
19.05 – 20.05	Bodypump	♥♥♥	H5	Yvonne
19.10 – 20.00	RPM	♥♥♥	R	Barry
20.10 – 21.10	Fitness Yoga	♥♥	H6	Scott

## Tuesday

09.30 – 10.30	Bodycombat	♥♥♥	S1	Scott
10.05 – 10.50	Sh' Bam	♥♥♥	H5	Barry
10.30 – 11.00	Core Conditioning	♥♥♥	S1	Scott
11.00 – 12.00	Active Life	♥	H5	Barry
17.25 – 17.55	Core Conditioning	♥♥	H5	Ileen
17.45 – 18.45	Bodycombat	♥♥♥	S1	Una
17.55 – 18.55	Bodypump	♥♥♥	H5	Ileen
18.00 – 18.50	RPM	♥♥♥	R	Kirsty
18.50 – 19.20	Metafit	♥♥♥	S1	Una
19.00 – 20.00	Bodybalance	♥♥	H5	Sean
19.35 – 20.35	20/20/20	♥♥♥	S1	Ileen

**Time Class Intensity Studio Instructor**

## Wednesday

09.30 – 10.30	Bodycombat	♥♥♥	S1	Laura
10.35 – 11.25	RPM	♥♥♥	R	Ruth
13.30 – 15.00	Tai Chi †	♥	H5	James
13.40 – 14.40	Line Dancing	♥	S1	Ileen
17.40 – 18.10	Core Conditioning	♥♥	H5	Nikki
18.00 – 18.45	Sh'Bam	♥♥♥	S1	Karl
18.00 – 18.50	RPM	♥♥♥	R	Sabrina
18.15 – 19.00	Bodypump	♥♥♥	H5	Nikki
18.30 – 19.30	Bootcamp	♥♥♥	A	Euan
19.00 – 20.00	Bodycombat	♥♥♥	S1	Charis
19.05 – 20.05	Swiss Ball	♥♥	H5	Nikki M
20.05 – 21.05	Fitness Pilates	♥♥	H5	Ryan



† Bookable course. Please contact the centre for details.

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

Time	Class	Intensity	Studio	Instructor
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### Thursday

09.30 – 10.30	Bodycombat	♥♥♥	S1	Charis
09.30 – 10.30	Active Life	♥	H5	Una
10.35 – 11.35	Bodypump	♥♥♥	H5	Sarah Mc
10.45 – 11.30	Bounce DanceFit	♥♥♥	S1	Laura
17.30 – 18.15	Bounce DanceFit	♥♥♥	H5	Cath
18.00 – 18.50	RPM	♥♥♥	R	Barry
18.00 – 19.00	Hatton Boxing	♥♥♥	S1	Chris
18.15 – 19.15	Bodystep	♥♥♥	H5	Ally
19.00 – 19.50	RPM	♥♥♥	R	Barry
19.05 – 20.05	Zumba	♥♥	S1	Sabine
19.15 – 20.15	Bodypump	♥♥♥	H5	Nikki M
20.15 – 21.00	Bodycombat	♥♥♥	S1	Charlene

### Friday

09.30 – 10.30	Bodycombat	♥♥♥	S1	Charis
09.30 – 11.00	Hatha Yoga	♥♥	H6	Mark
10.30 – 11.20	RPM	♥♥♥	R	Jamie
10.35 – 11.20	POUND	♥♥	S1	Charis
17.00 – 18.00	Clubbercise	♥♥	H5	Ileen
17.35 – 18.35	Bodycombat	♥♥♥	S1	Roger

### Saturday

09.00 – 09.50	Insanity	♥♥♥	H5	Ryan
09.00 – 09.50	RPM	♥♥♥	R	Sabrina
09.15 – 10.00	Sh'Bam	♥♥♥	S1	Ally
10.05 – 10.55	RPM	♥♥♥	R	Sabrina
10.05 – 11.05	Bodycombat	♥♥♥	S1	Susan
10.05 – 11.05	Bodypump	♥♥♥	H5	Nikki
11.10 – 12.10	Hatton Boxing	♥♥♥	S1	Chris
11.10 – 12.10	Bodybalance	♥♥	H5	Cristina

### Key

A	Arena
G	Gym
S1	Studio 1
H5	Hall 5
R	RPM Studio

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

Time	Class	Intensity	Studio	Instructor
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### Sunday

09.00 – 10.00	Bodycombat	♥♥♥	S1	Susan
09.05 – 10.05	Bodystep	♥♥♥	H5	Teuta
09.30 – 10.20	RPM	♥♥♥	R	Barry C
10.05 – 11.05	Bodycombat	♥♥♥	S1	Susan
10.10 – 10.55	Bodypump	♥♥♥	H5	Fiona W
11.00 – 12.00	Bodybalance	♥♥	H5	Fiona W
11.30 – 12.30	Bodyjam	♥♥♥	S1	Mo
16.00 – 16.45	Bodypump	♥♥♥	H5	Charlene
16.50 – 17.35	Bodycombat	♥♥♥	H5	Charlene



# MANAGE YOUR BOOKING THE SMART WAY

It's simple to manage your fitness class bookings at Edinburgh Leisure. We have a number of ways that you can book and attend your favourite fitness class.



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- **Online** - Visit our website [www.edinburghleisure.co.uk](http://www.edinburghleisure.co.uk) to book online.
- **In person** - Book at reception.

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No problem! If fitness classes are included in your membership, you have the option to cancel a fitness class booking online or on the App, in person or on the phone. If you cancel within 2 hours of the class start time, but should the space remain unfilled when the class starts, a late cancellation charge of £2 will be applied to your account. If your space is filled when the class starts, the £2 charge will be removed. If you do not turn up for your class, a 'no show' charge of £2 will be applied to your account automatically.

If you have paid for your class, unfortunately you are unable to cancel online or on the App. If you cancel with reception more than 2 hours before the class starts you can receive a refund or move your booking.

For more information, please visit [www.edinburghleisure.co.uk](http://www.edinburghleisure.co.uk) or speak to one of our staff.

# Portobello Swim Centre

**Time Class Intensity Instructor**

## Monday

09.00 - 09.45	Powerhoop	♥♥	Laura
09.00 - 09.50	AquaFit	♥♥	Barbara
10.00 - 11.00	Yoga	♥♥	Karen H
11.35 - 12.35	Pilates (Advanced)	♥♥	Jane
12.40 - 13.40	Bodyvive	♥♥	Una
13.45 - 14.45	Pilates (Beginners)	♥♥	Jane
17.45 - 18.45	Bodycombat	♥♥♥	Danielle
18.45 - 19.30	Bodyattack	♥♥♥	Gary
19.30 - 20.30	Zumba	♥♥	Aileen

## Tuesday

08.50 - 09.35	15/15/15	♥♥	Val
09.10 - 10.00	AquaFit	♥♥	Haitham
09.45 - 10.45	Bodybalance	♥♥	Sabrina
18.00 - 19.00	Tums, Bums & Thighs	♥♥	Danielle
19.00 - 20.00	Boxercise	♥♥♥	Jay
20.05 - 21.05	Pilates (All abilities)	♥♥	Jane

## Wednesday

09.00 - 09.50	AquaFit	♥♥	Gemma
09.15 - 10.15	Yoga	♥♥	Gillian
10.30 - 11.30	Bodyvive	♥♥	Val
11.10 - 12.00	AquaFit	♥♥	Egle
13.00 - 14.30	Hatha Yoga	♥♥	Karen H
18.00 - 18.45	Bodypump	♥♥♥	Dan
18.15 - 19.00	H2O HIIT	♥♥♥	Laura
18.50 - 19.35	Bodyattack	♥♥♥	Dan
19.40 - 20.30	Bodybalance	♥♥	Gillian

### Key

(f) Female only

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

**Time Class Intensity Instructor**

## Thursday

08.40 - 09.25	15/15/15	♥♥	Val
09.10 - 10.00	AquaFit	♥♥	Haitham
09.30 - 10.30	Bodybalance	♥♥	Val
10.35 - 11.35	Line Dancing	♥	Audrey
11.35 - 13.05	Yoga	♥♥	Tara
18.00 - 18.50	Aquanatal	♥♥	Ingrid
18.15 - 19.15	Bodypump	♥♥♥	Olga
19.15 - 20.00	PIYo	♥♥	Gillian

## Friday

08.15 - 09.15	Yoga	♥♥	Karen
09.30 - 10.30	Yoga	♥♥	Karen H
10.40 - 11.40	Yoga	♥♥	Karen H
11.10 - 12.00	AquaFit	♥♥	Haitham
11.45 - 12.45	Pilates	♥♥	Sabrina
18.00 - 18.50	AquaFit	♥♥	Ingrid

## Saturday

09.15 - 10.15	Bodyattack	♥♥♥	Lynsey
10.15 - 11.15	Bodybalance	♥♥	Gillian
11.15 - 12.00	PIYo	♥♥	Gillian

## Sunday

10.15 - 11.15	Bodypump	♥♥♥	Barbara
11.30 - 13.00	Ashtanga Yoga	♥♥♥	Karen H
13.00 - 14.30	Ashtanga Yoga	♥♥♥	Karen H

57 Promenade, Edinburgh EH15 2BS

T: 0131 669 6888 E: info.psc@edinburghleisure.co.uk

# Royal Commonwealth Pool

Time	Class	Intensity	Studio	Instructor	Time	Class	Intensity	Studio	Instructor
<b>Monday</b>									
06.30 – 07.30	Masters	♥♥♥	P	Andy	17.40 – 18.25	Sh'Bam	♥♥♥	S1	Kerry
06.45 – 07.30	Bodyattack	♥♥♥	S1	Sarah	17.45 – 18.30	Core Pilates	♥♥	S3	Sally
07.00 – 07.50	RPM	♥♥♥	S2	Allan G	18.15 – 19.15	Circuits	♥♥♥	S2	Ray
09.30 – 10.30	Bodycombat	♥♥♥	S1	Danielle	18.30 – 19.30	Bodyattack	♥♥♥	S1	Yvonne
09.30 – 10.30	Active Life	♥	S2	Ruth	18.35 – 19.35	Bodybalance	♥♥	S3	Sally
10.15 – 11.05	AquaFit	♥♥	P	Laura	19.05 – 20.05	Hydrospin	♥♥	P	Fiona W
10.30 – 11.30	Bodybalance	♥♥	S3	Megan	19.20 – 20.10	RPM	♥♥♥	S2	Egle
10.45 – 11.35	RPM	♥♥♥	S2	Ruth L	19.35 – 20.20	PiYo	♥♥	S3	Yvonne
16.45 – 17.30	Bodypump	♥♥♥	S1	Barry	19.35 – 20.35	Bodycombat	♥♥♥	S1	Phil
17.30 – 18.00	Metafit	♥♥♥	S2	Kasia	20.10 – 21.10	Hydrospin	♥♥	P	Fiona W
<b>Tuesday</b>									
06.45 – 07.30	Bodycombat	♥♥♥	S1	Una	14.00 – 15.30	New to Tai Chi †	♥	S2	James
06.45 – 07.45	Hydrospin	♥♥	P	Jay	16.45 – 17.15	Sprint	♥♥♥	S2	Lynne
09.15 – 10.05	RPM	♥♥♥	S2	Susan	17.25 – 18.15	Insanity	♥♥♥	S2	Sarah
09.15 – 10.15	Tums, Bums & Thighs	♥♥	S1	Ruth	17.30 – 18.30	Bodystep	♥♥♥	S1	Ruth
10.00 – 11.00	Hydrospin	♥♥	P	Fiona	18.00 – 19.00	Bodybalance	♥♥	S3	Janie
10.15 – 11.15	Bodybalance	♥♥	S2	Kazia	18.15 – 19.00	Sh'Bam	♥♥♥	S2	Sarah
10.20 – 11.05	Bodypump	♥♥♥	S1	Barbara	18.35 – 19.35	Bodypump	♥♥♥	S1	Steve
12.30 – 13.00	Sprint	♥♥♥	S2	Lynne	19.00 – 20.30	Yoga	♥♥	S3	Julie
13.00 – 13.30	Skills & Drills	♥	P	Andy	19.15 – 20.15	Bodycombat	♥♥♥	S2	Danielle
13.30 – 14.00	Powerswim	♥♥♥	P	Andy	19.40 – 20.40	Bodyattack	♥♥♥	S1	Onné
					20.30 – 21.20	RPM	♥♥♥	S2	Kathy
<b>Wednesday</b>									
06.45 – 07.30	Bodypump	♥♥♥	S1	Mel	17.30 – 18.30	Bodypump	♥♥♥	S1	Kasia
09.00 – 10.00	Active Life	♥	S2	Ruth	18.00 – 19.00	New To Pilates	♥♥	S3	Beth
09.15 – 10.15	Bodystep	♥♥♥	S1	Ileen	18.05 – 19.05	Hydrospin	♥♥	P	Gemma
09.15 – 10.15	Pilates	♥♥	S3	Egle	18.30 – 19.20	Insanity	♥♥♥	S2	Barry
10.10 – 11.00	AquaFit	♥♥	P	Fiona	18.35 – 19.35	Bodycombat	♥♥♥	S1	Charlene
10.30 – 11.30	Piloxing	♥♥♥	S1	Ileen	19.00 – 20.00	Pilates	♥♥	S3	Beth
12.00 – 12.30	Skills & Drills	♥	P	Andy	19.15 – 20.00	AquaFit	♥♥	P	Gemma
12.30 – 13.00	Powerswim	♥♥♥	P	Andy	19.30 – 20.20	RPM	♥♥♥	S2	Lynne F
16.45 – 17.30	Bodyattack	♥♥♥	S1	Kasia	19.40 – 20.40	Zumba	♥♥	S1	Anthony
17.45 – 18.30	Tums, Bums & Thighs	♥♥	S2	Barry	20.05 - 20.50	Circuits	♥♥♥	S1	Gemma

† Bookable course. Please contact the centre for details.

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

**Time Class Intensity Studio Instructor**

Thursday				
06.30 – 07.30	Masters	♥♥♥	P	Andy
06.45 – 07.30	Bodyattack	♥♥♥	S1	Kerry
06.45 – 07.45	Hydrospin	♥♥	P	Jay
09.00 – 09.50	AquaFit	♥♥	P	Barbara
09.30 – 10.30	Bodypump	♥♥♥	S1	Janie
09.30 – 10.20	RPM	♥♥♥	S2	Emma D
10.00 – 11.00	Hydrospin	♥♥	P	Fiona
10.35 – 11.35	Bodybalance	♥♥	S1	Janie
12.00 – 12.30	Skills and Drills	♥	P	Andy
12.30 – 13.00	Sprint	♥♥♥	S2	Jamie
12.30 – 13.30	Power Swim	♥♥♥	P	Andy
17.15 – 18.15	20/20/20	♥♥♥	S2	Sylwia
17.25 – 18.25	Bodypump	♥♥♥	S1	Lynsey
18.00 – 19.00	Bodybalance	♥♥	S3	Karen
18.15 – 19.00	Bodycombat	♥♥♥	S2	Sylwia
18.30 – 19.30	Bodyattack	♥♥♥	S1	Pamela
19.00 – 20.30	Hatha Yoga	♥♥	S3	Karen
19.15 – 20.05	RPM	♥♥♥	S2	Laura
19.35 – 20.35	Bodystep	♥♥♥	S1	Kasia

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
09.15 – 09.45	Sprint	♥♥♥	S2	Jamie
09.30 – 10.30	Tums, Bums & Thighs	♥♥	S1	Ruth
10.00 – 11.00	Pilates	♥♥	S2	Gillian S
12.30 – 13.00	Metafit	♥♥♥	S1	Jamie
16.45 – 17.30	Bodycombat	♥♥♥	S1	Sylwia
17.35 – 18.35	Bodypump	♥♥♥	S1	Sylwia
18.05 – 19.05	Pilates	♥♥	S3	Egle
18.35 – 19.35	Bodybalance	♥♥	S1	Sylwia

**Time Class Intensity Studio Instructor**

Saturday				
07.30 – 08.20	Group Cycling	♥♥♥	S2	Stevie
08.00 – 08.30	Bodypump Technique (fc)	♥♥♥	S1	Scott
08.30 – 09.30	Bodypump	♥♥♥	S1	Scott
09.35 – 10.35	Bodyattack	♥♥♥	S1	Petrina
10.35 – 11.20	Sh'Bam	♥♥♥	S1	Heather
11.30 – 12.30	Bodybalance	♥♥	S1	Heather
12.30 – 13.30	Bodyjam	♥♥♥	S1	Sara
15.30 – 16.20	Insanity	♥♥♥	S1	Sarah L
16.30 – 17.30	Bodypump	♥♥♥	S1	Sylwia
17.30 – 18.20	RPM	♥♥♥	S2	Jamie S

Sunday				
09.30 – 10.30	Bodycombat	♥♥♥	S1	Megan
10.35 – 11.35	Bodypump	♥♥♥	S1	Brian
11.00 – 11.45	Sh'Bam	♥♥♥	S2	Heather
11.00 – 12.30	Hatha Yoga	♥♥	S3	Julie
12.00 – 12.50	RPM	♥♥♥	S2	Brian T
16.00 – 16.30	Metafit	♥♥♥	S1	Kasia
16.30 – 17.00	Core Conditioning	♥♥	S1	Kasia
17.00 – 18.00	Zumba	♥♥	S1	Sabine

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

Key	
S1	Studio 1
S2	Studio 2
S3	Studio 3
P	Pool
(fc)	Free class

**10**  
Swimming  
Pools



**1**  
Climbing  
Centre



**6**  
Golf  
Courses



**15**  
Gyms



**141**  
Pitches



**37**  
Tennis  
Courts



**59**  
Badminton  
Courts



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