

# Festive Fitness Class Timetables

SUPPORTED BY  
• EDINBURGH •  
YOUR COUNCIL - YOUR SERVICES

Go to > [Ainslie Park Leisure Centre](#)

---

Go to > [Craiglockhart Leisure and Tennis Centre](#)

---

Go to > [Drumbrae Leisure Centre](#)

---

Go to > [Glenogle Swim Centre](#)

---

Go to > [Gracemount Leisure Centre](#)

---

Go to > [Leith Victoria Swim Centre](#)

---

Go to > [Portobello Swim Centre](#)

---

Go to > [The Royal Commonwealth Pool](#)



# Ainslie Park Leisure Centre

## Festive fitness class timetable

**Time Class Studio Instructor**

### Friday 22nd December

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
17.30 - 18.15	Powerhoop	S1	Egle
18.20 - 19.05	Bodypump	S1	Egle
17.30 - 18.15	RPM	C	Michelle R
19.10 - 19.55	Sh'Bam	S1	Mo
20.00 - 20.45	Bodyjam	S1	Mo

### Saturday 23rd December

07.40 - 08.25	Bodycombat	S1	Sylwia
08.30 - 09.00	CX Worx	S1	Kathy
09.00 - 10.00	RPM	C	Michelle R
09.05 - 10.05	Bodyattack	S1	Kathy
10.05 - 11.05	Bodybalance	S1	Cath B
11.10 - 12.10	Bodystep	S1	Denise
12.15 - 13.15	Bodycombat	S1	Denise
13.20 - 14.20	Hatha Yoga	S1	Hannah

### Christmas Eve

09.00 - 10.00	Bodypump	S1	Michelle
10.00 - 10.50	RPM	C	Michelle R
10.05 - 11.05	Bodycombat	S1	Michelle
11.05 - 11.35	Sprint	C	Michelle R

### Christmas Day

**CLOSED**

### Boxing Day

**CLOSED**

### Wednesday 27th December

09.15 - 10.15	Bodycombat	S1	Danielle
10.15 - 11.15	Tums, Bums & Thighs	S1	Danielle
17.00 - 18.00	Bodycombat	S1	Una
17.00 - 17.50	RPM	C	Jenna
17.00 - 18.00	Bodybalance	S1	Jean

### Thursday 28th December

09.15 - 10.00	Sh'Bam	S1	Sara
09.30 - 10.20	RPM	S1	Egle
10.30 - 11.15	Powerhoop	S1	Egle
11.20 - 12.20	Hatha Yoga	S1	Nathalie
17.00 - 17.50	RPM	C	Brian
17.00 - 17.45	Bodyattack	S1	Gary

**Time Class Studio Instructor**

### Friday 29th December

09.15 - 10.15	Bodybalance	S1	Cristina
10.25 - 11.25	Bodypump	S1	Danielle
17.00 - 17.50	RPM	C	Michelle R
17.00 - 17.45	Bodypump	S1	Egle

### Saturday 30th December

07.40 - 08.25	Bodycombat	S1	Sylwia
08.30 - 09.00	CX Worx	S1	Kathy
09.00 - 10.00	RPM	C	Michelle R
09.05 - 10.05	Bodyattack	S1	Kathy
10.05 - 11.05	Bodybalance	S1	Cath B
11.10 - 12.10	Bodystep	S1	Denise
12.15 - 13.15	Bodycombat	S1	Denise
13.20 - 14.20	Hatha Yoga	S1	Hannah

### Sunday 31st December

09.00 - 10.00	Bodypump	S1	Michelle
10.00 - 10.50	RPM	C	Michelle R
10.05 - 11.05	Bodycombat	S1	Michelle
11.05 - 11.35	Sprint	C	Michelle R

### Monday 1st January

**CLOSED**

### Tuesday 2nd January

**CLOSED**

### Wednesday 3rd January

**NORMAL PROGRAMME RESUMES**



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

SUPPORTED BY

• EDINBURGH •  
YOUR COUNCIL - YOUR SERVICES

Registered Scottish Charity No: SC027450

# Edinburgh Leisure

The Biggest Club in Town

# Craiglockhart Leisure and Tennis Centre

## Festive fitness class timetable

**Time Class Studio Instructor**

### Friday 22nd December

07.40 - 08.10	Virtual CXWorx	S1	V
09.00 - 10.00	Active Life	S1	Izabela
09.00 - 10.00	Pilates	S3	Allison
09.25 - 09.55	Core Condition	S2	Susan
09.30 - 10.20	R.P.M.	C	Allan
10.05 - 11.05	Bodystep	S1	Ruth
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	Fiona
17.15 - 18.05	R.P.M.	C	Bill
17.30 - 18.15	Bodypump	S1	Gary
17.45 - 18.30	Pound	S2	Katy
18.15 - 19.05	R.P.M.	C	Bill
18.30 - 19.15	Latin Rhythms	S2	Katy

### Saturday 23rd December

09.15 - 09.45	Virtual CXWorx	S1	V
09.15 - 10.15	Fitsteps	S2	Helen
09.30 - 10.20	R.P.M.	C	Allan
09.50 - 10.50	Bodystep	S1	Yvonne
10.00 - 11.30	Yoga	S3	Julie
10.15 - 11.00	Zumba	S2	Helen
10.30 - 11.20	R.P.M.	C	Allan
10.55 - 11.55	Bodypump	S1	Ruth
11.05 - 12.05	Bodybalance	S2	Julie M
12.05 - 12.50	Piyo Sat	S2	Julie M

### Christmas Eve

09.05 - 10.05	Bodypump	S1	Yvonne
09.15 - 10.15	Pilates	S3	Katie
09.30 - 10.20	R.P.M.	C	Jane
10.00 - 10.45	Pound	S2	Heather
10.10 - 11.10	Bodystep	S1	Ruth
10.30 - 11.15	R.P.M.	C	Jane
10.30 - 12.05	Yoga	S3	Linda
12.20 - 13.20	Virtual Bodybalance	S1	V
13.25 - 14.10	Virtual Sh'Bam	S1	V

### Christmas Day

**CLOSED**

### Boxing Day

**CLOSED**

**Time Class Studio Instructor**

### Wednesday 27th December

09.00 - 10.00	Active Life	S1	Ilona
09.15 - 10.15	Body Cond	S2	Grant
09.30 - 10.20	R.P.M.	C	Allan
09.30 - 10.25	Pilates Imp	S3	Rhona
10.20 - 11.50	Yoga	S3	Anne
10.30 - 11.30	Pilates Imp	S3	Rhona
14.00 - 15.00	Fitsteps	S1	Helen
15.10 - 15.55	Virtual Sh'Bam	S1	V
17.15 - 17.45	Virtual Bodybalance	S1	V
17.45 - 18.35	R.P.M.	C	Bill
17.55 - 18.55	T.B.T.	S1	Yvonne
18.30 - 20.00	Yoga Beg	S3	Betty
18.45 - 19.35	R.P.M.	C	Ruth
19.00 - 19.45	Bodypump	S1	Steve
19.00 - 19.45	Bodybalance	S2	Julie M

### Thursday 28th December

08.30 - 09.30	Pilates Imp	S3	Allan
09.30 - 10.30	Piyo	S2	Gillian
09.30 - 10.20	R.P.M.	C	Bill
09.30 - 10.30	Pilates Imp	S3	Allan
10.30 - 11.30	Pilates Imp	S3	Rhona
10.35 - 11.35	Bodypump	S1	Scott
12.30 - 13.00	Virtual CXWorx	S1	V
17.30 - 18.30	Fitness Pilates	S3	Ryan
17.30 - 18.20	R.P.M.	C	Jane
18.00 - 19.00	Bodybalance	S2	Sara
18.00 - 18.45	Bodystep	S1	Ruth
18.30 - 19.30	Fitness Pilates	S3	Ryan
18.30 - 19.30	Performance Training	C	Jenny
18.50 - 19.50	Bodycombat	S1	Emma
19.00 - 19.45	Zumba	S2	Ross



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

SUPPORTED BY

• EDINBURGH •  
YOUR COUNCIL - YOUR SERVICES

Registered Scottish Charity No: SC027450

# Edinburgh Leisure

The Biggest Club in Town

# Craiglockhart Leisure and Tennis Centre

## Festive fitness class timetable

Time	Class	Studio	Instructor
<b>Friday 29th December</b>			
09.00 - 10.00	Active Life	S1	Izabela
09.00 - 10.00	Pilates	S3	Alison
09.25 - 09.55	Core Condition	S2	Susan
09.30 - 10.20	R.P.M.	C	Allan
10.05 - 11.05	Bodystep	S1	Ruth
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	Fiona
17.15 - 18.05	R.P.M.	C	Bill
17.30 - 18.15	Bodypump	S1	Gary
17.45 - 18.30	Pound	S2	Katy
18.15 - 19.05	R.P.M.	C	Bill
18.30 - 19.15	Latin Rhythms	S2	Katy

### Saturday 30th December

09:15 - 09:45	Virtual CXWorx	S1	V
09:15 - 10:15	Fitsteps	S2	Helen
09:30 - 10:20	R.P.M.	C	Allan
09:50 - 10:50	Bodystep	S1	Yvonne
10:00 - 11:30	Yoga	S3	Julie
10:15 - 11:00	Zumba	S2	Helen
10:30 - 11:20	R.P.M.	C	Allan
10:55 - 11:55	Bodypump	S1	Ruth
11:05 - 12:05	Bodybalance	S2	Julie M
12:05 - 12:50	Piyo Sat	S2	Julie M

### Sunday 31st December

09.05 - 10.05	Bodypump	S1	Yvonne
09.15 - 10.15	Pilates	S3	Katie
09.30 - 10.20	R.P.M.	C	Jane
10.00 - 10.45	Pound	S2	Heather
10.10 - 11.10	Bodystep	S1	Ruth
10.30 - 11.15	R.P.M.	C	Jane
10.30 - 12.05	Yoga	S3	Linda
12.20 - 13.20	Virtual Bodybalance	S1	V
13.25 - 14.10	Virtual Sh'Bam	S1	V

Time	Class	Studio	Instructor
<b>Monday 1st January</b>			
<b>CLOSED</b>			

### Tuesday 2nd January

**CLOSED**

### Wednesday 3rd January

**NORMAL PROGRAMME RESUMES**



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

SUPPORTED BY

• EDINBURGH •  
YOUR COUNCIL - YOUR SERVICES

Registered Scottish Charity No: SC027450

# Edinburgh Leisure

The Biggest Club in Town

Time	Class	Studio	Instructor
<b>Friday 22nd December</b>			
07.05 - 07.35	Sprint	C	Michelle R
07.20 - 07.50	Metafit	S1	Una
09.30 - 10.30	Pilates (beginner)	S2	Katie
09.30 - 10.30	Bodypump	S1	Mandy
10.00 - 10.50	Aquafit	P	Fiona
10.35 - 11.20	Pilates (beginner)	S2	Beth
10.35 - 11.35	Bodybalance	S1	Mandy
11.25 - 12.25	Pilates (intermediate)	S2	Beth
13.30 - 15.00	New to Tai Chi	S2	James
17.30 - 18.30	Bodypump	S1	Julie M
18.00 - 19.30	Inyegar Yoga	S2	Alan

<b>Saturday 23rd December</b>			
08.45 - 09.30	Bodypump	S1	Olga
09.15 - 09.45	Sprint	C	Mandy
09.30 - 10.30	Bodypump	S1	Sylwia
09.30 - 11.00	Yoga	S2	Petra
10.00 - 10.50	RPM	C	Mandy
10.30 - 11.30	Bodybalance	S1	Sylwia
11.30 - 12.30	Bodycombat	S1	Danielle

<b>Christmas Eve</b>			
09.15 - 10.05	RPM	C	Susan
09.30 - 10.30	Bodycombat	S1	Denise
09.45 - 10.45	Pilates	S2	Sue
10.15 - 11.15	RPM	C	Allan
11.15 - 12.15	Bodybalance	S2	Cath

**Christmas Day**  
**CLOSED**

**Boxing Day**  
**CLOSED**

Time	Class	Studio	Instructor
<b>Wednesday 27th December</b>			
07.05 - 07.35	Sprint	C	Michelle R
10.00 - 10.45	Active Life	S1	Petra
10.00 - 10.50	Aquafit	P	Izabela
10.45 - 11.30	Pound	S1	Aileen
10.45 - 11.15	Tai Chi (General)	S2	James
12.15 - 13.15	Zumba	S1	Peter
17.45 - 18.35	RPM	C	Cycle
18.00 - 19.30	Yoga	S1	Hannah
18.20 - 19.05	Bodyattack	S1	Chris

<b>Thursday 28th December</b>			
09.30 - 10.20	RPM	C	Lynne S
09.30 - 10.30	Bodycombat	S1	Danielle
11.30 - 12.30	Pilates	S1	Egle
16.45 - 17.30	Bodycombat	S1	Louise
17.30 - 18.00	Sprint	C	Lynne
17.30 - 18.15	Bodypump	S1	Louise
18.00 - 19.00	Pilates	S2	Guiseppe
18.20 - 19.05	Bodycombat	S1	Louise
19.10 - 19.55	Body Conditioning	S1	Sarah



Time	Class	Studio	Instructor
<b>Friday 29th December</b>			
07.05 - 07.35	Sprint	C	Michelle R
07.20 - 07.50	Metafit	S1	Una
09.30 - 10.30	Pilates (beginner)	S2	Katie
09.30 - 10.30	Bodypump	S1	Mandy
10.00 - 10.50	Aquafit	P	Fiona
10.35 - 11.20	Pilates (beginner)	S2	Beth
10.35 - 11.35	Bodybalance	S1	Mandy
11.25 - 12.25	Pilates (intermediate)	S2	Beth
13.30 - 15.00	New to Tai Chi	S2	James
17.30 - 18.30	Bodypump	S1	Julie M
18.00 - 19.30	Inyegar Yoga	S2	Alan

<b>Saturday 30th December</b>			
08.45 - 09.30	Bodypump	S1	Olga
09.15 - 09.45	Sprint	C	Mandy
09.30 - 10.30	Bodypump	S1	Sylwia
09.30 - 11.00	Yoga	S2	Petra
10.00 - 10.50	RPM	C	Mandy
10.30 - 11.30	Bodybalance	S1	Sylwia
11.30 - 12.30	Bodycombat	S1	Danielle

<b>Sunday 31st December</b>			
09.15 - 10.05	RPM	C	Susan
09.30 - 10.30	Bodycombat	S1	Denise
09.45 - 10.45	Pilates	S2	Sue
10.15 - 11.15	RPM	C	Allan
11.15 - 12.15	Bodybalance	S2	Cath

Time	Class	Studio	Instructor
<b>Monday 1st January</b>			
<b>CLOSED</b>			
<b>Tuesday 2nd January</b>			
<b>CLOSED</b>			
<b>Wednesday 3rd January</b>			
<b>NORMAL PROGRAMME RESUMES</b>			



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

SUPPORTED BY

• EDINBURGH •  
YOUR COUNCIL - YOUR SERVICES

Registered Scottish Charity No: SC027450

**Edinburgh Leisure**  
The Biggest Club in Town

### Time Class Instructor

#### Friday 22nd December

09.00 - 10.00	Zumba	Peter
10.00 - 11.00	Bodyvive	Christine
11.00 - 12.00	Plates	Egle
12.30 - 13.45	Iyengar Yoga	Alan
17.30 - 18.15	BodyCombat	Lorna
18.30 - 20.00	Hatha Yoga	Julie

#### Saturday 23rd December

09.30 - 10.30	BodyCombat	Danielle
10.30 - 12.00	Iyengar Yoga	Alan
12.30 - 13.30	Bodybalance	Allan

#### Christmas Eve

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

#### Christmas Day

**CLOSED**

#### Boxing Day

**CLOSED**

#### Wednesday 27th December

09.30 - 10.30	BodyCombat	Jeni
10.30 - 11.30	Bodyvive	Christine
12.35 - 13.35	Pilates	Sabrina

#### Thursday 28th December

09.30 - 10.30	Bodybalance	Jean
10.30 - 11.30	Zumba	Peter
12.30 - 13.00	Metafit	Una

### Time Class Instructor

#### Friday 29th December

09.00 - 10.00	Zumba	Peter
10.00 - 11.00	Bodyvive	Christine
11.00 - 12.00	Plates	Egle
12.30 - 13.45	Iyengar Yoga	Alan

#### Saturday 30th December

09.30 - 10.30	BodyCombat	Danielle
10.30 - 12.00	Iyengar Yoga	Alan
12.30 - 13.30	Bodybalance	Allan

#### Sunday 31st December

09.25 - 10.10	Bodypump	Jean
10.15 - 11.00	Body Conditioning	Pamela
11.00 - 12.00	Bodybalance	Sean/Egle

#### Monday 1st January

**CLOSED**

#### Tuesday 2nd January

**CLOSED**

#### Wednesday 3rd January

**NORMAL PROGRAMME RESUMES**



### Time Class Studio Instructor

#### Friday 22nd December

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	Pool	Audrey
10.00 - 11.00	Pilates	S2	Joan
10.30 - 11.15	Active Life	S1	Ilona
11.00 - 11.50	Aquafit	Pool	Gemma
11.00 - 12.00	Bodybalance	S2	Audrey
12.00 - 12.45	H2O HIIT	Pool	Gemma
13.00 - 13.45	Core Pilates	S2	Nathalie

#### Saturday 23rd December

09.00 - 10.00	Bodyjam	S2	Karl
10.00 - 10.45	Bodycombat	S2	Lisa
10.55 - 11.40	Bodypump	S2	Charlene
11.45 - 12.30	Zumba	S1	Sabine
11.45 - 12.45	Bodybalance	S2	Charlene

#### Christmas Eve

09.35 - 10.35	Bodycombat	S1	Lorna
09.35 - 10.35	Bodypump	S2	Mandy
10.40 - 11.25	Core Pilates	S2	Lucie
11.30 - 12.30	Bodybalance	S2	Mandy

#### Christmas Day

**CLOSED**

#### Boxing Day

**CLOSED**

#### Wednesday 27th December

09.20 - 10.10	Aquafit	Pool	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	TBT	S2	Barbara
11.20 - 12.20	Pilates	S2	Ilona

#### Thursday 28th December

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

### Time Class Studio Instructor

#### Friday 29th December

09.00 - 09.40	Body Conditioning	S1	Danielle
09.00 - 10.45	Pilates	S2	Ilona
09.45 - 10.30	Pilates	S2	Ilona
09.45 - 10.30	Sh'Bam	S1	Karl
10.00 - 10.50	Aquafit	Pool	Gemma
10.30 - 11.15	Active Life	S1	Ilona
11.00 - 11.50	Aquafit	Pool	Gemma
11.00 - 12.00	Bodybalance	S2	Audrey
12.00 - 12.45	H2O HIIT	Pool	Gemma
13.00 - 13.45	Core Pilates	S2	Nathalie

#### Saturday 30th December

09.00 - 10.00	Bodyjam	S2	Karl
10.00 - 10.45	Bodycombat	S2	Lisa
10.55 - 11.40	Bodypump	S2	Charlene
11.45 - 12.30	Zumba	S1	Sabine
11.45 - 12.45	Bodybalance	S2	Charlene

#### Sunday 31st December

09.35 - 10.35	Bodycombat	S1	Lorna
09.35 - 10.35	Bodypump	S2	Mandy
10.40 - 11.25	Core Pilates	S2	Lucie
11.30 - 12.30	Bodybalance	S2	Mandy

#### Monday 1st January

**CLOSED**

#### Tuesday 2nd January

**CLOSED**

#### Wednesday 3rd January

**NORMAL PROGRAMME RESUMES**





# Leith Victoria Swim Centre

## Festive fitness class timetable

**Time Class Studio Instructor**

### Friday 22nd December

07.00 - 07.50	RPM	C	Barry
09.30 - 10.30	BodyPump	S1	Kathy
09.30 - 10.45	Yoga	S2	Vanessa
10.35 - 11.30	Piloxing	S1	Ileen
17.10 - 17.55	BodyBalance	S2	Mel
17.30 - 18.20	RPM	C	Susan
17.30 - 18.30	BodyPump	S1	Allan

### Saturday 23rd December

09.10 - 09.55	Gravity	S2	Barry
09.10 - 09.55	POUND	S1	Charis
09.15 - 09.45	SPRINT	C	Mari
09.50 - 10.40	RPM	C	Mari
10.00 - 10.45	Sh'Bam	S1	Barry
10.00 - 11.00	Pilates	S2	Katie
10.50 - 11.50	Bodypump	S1	Olga
11.50 - 12.50	BodyBalance	S1	Cath
13.00 - 14.00	Hatton Boxing	S1	Gym Team

### Christmas Eve

09.30 - 10.20	RPM	C	Lynsey
09.30 - 10.30	BodyPump	S1	Mari
09.30 - 11.00	Yoga	S2	Laura
10.35 - 11.35	BodyCombat	S1	Mari
11.40 - 12.40	BodyBalance	S1	Mari

### Christmas Day

**CLOSED**

### Boxing Day

**CLOSED**

### Wednesday 27th December

07.10 - 08.00	RPM	C	Barry
09.30 - 10.15	Sh'Bam	S1	Barry
09.30 - 10.20	Aquafit	P	Bill
10.30 - 11.30	Active Life	S1	Barry
10.20 - 11.20	BodyBalance	S2	Mari
17.30 - 18.00	SPRINT	C	Mari
18.05 - 18.50	RPM	C	Mari
17.40 - 18.25	BodyAttack	S1	Mel
17.50 - 18.50	Pilates (Advanced)	S2	Ryan

### Thursday 28th December

07.10 - 08.00	Gravity	S2	Barry
09.30 - 10.20	Aquafit	P	Laura C
09.30 - 10.30	Pilates	S2	Mel
09.45 - 10.30	POUND	S1	Rozanne
10.30 - 12.00	Yoga	S2	Eva
10.35 - 11.20	Sh'Bam	S1	Barry

**Time Class Studio Instructor**

17.00 - 17.10	New to BodyPump	S1	Mari
17.10 - 17.55	BodyPump	S1	Mari
18.00 - 18.45	BodyCombat	S1	Charis
17.45 - 18.35	RPM	C	Susan
18.05 - 18.50	BodyBalance	S2	Mari

### Friday 29th December

07.10 - 08.00	RPM	C	Barry
09.30 - 10.30	BodyPump	S1	Kathy
09.30 - 10.45	Yoga	S2	Vanessa
10.35 - 11.30	Piloxing	S1	Ileen
17.10 - 17.55	BodyBalance	S2	Mel
17.30 - 18.20	RPM	C	Susan
17.30 - 18.30	BodyPump	S1	Allan

### Saturday 30th December

09.10 - 09.55	Gravity	S2	Barry
09.10 - 09.55	POUND	S1	Charis
09.15 - 09.45	SPRINT	C	Mari
09.50 - 10.40	RPM	C	Mari
10.00 - 10.45	Sh'Bam	S1	Barry
10.00 - 11.00	Pilates	S2	Katie
10.50 - 11.50	Bodypump	S1	Olga
11.50 - 12.50	BodyBalance	S1	Cath
13.00 - 14.00	Hatton Boxing	S1	Gym Team

### Sunday 31st December

09.30 - 10.20	RPM	C	Lynsey
09.30 - 10.30	BodyPump	S1	Mari
09.30 - 11.00	Yoga	S2	Laura
10.35 - 11.35	BodyCombat	S1	Mari
11.40 - 12.40	BodyBalance	S1	Mari

### Monday 1st January

**CLOSED**

### Tuesday 2nd January

**CLOSED**

### Wednesday 3rd January

**NORMAL PROGRAMME RESUMES**



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

SUPPORTED BY

• EDINBURGH •  
YOUR COUNCIL - YOUR SERVICES

Registered Scottish Charity No: SC027450

**Edinburgh Leisure**  
The Biggest Club in Town

# Portobello Swim Centre

## Festive fitness class timetable

Time	Class	Studio	Instructor
<b>Friday 22nd December</b>			
08.15 - 09.15	Yoga	S1	Karen
09.30 - 10.30	Yoga	S1	Karen
10.40 - 11.40	Yoga	S1	Karen
11.10 - 12.00	Aquafit	P*	Haitham
11.45 - 12.45	Pilates	S1	Sabrina

<b>Saturday 23rd December</b>			
09.10 - 10.10	Bodyattack	S1	Lynsey
10.15 - 11.15	Bodybalance	S1	Gillian
11.15 - 12.00	Piyo	S1	Gillian

<b>Christmas Eve</b>			
09.10 - 09.55	Bobycombat	S1	Susan
10.15 - 11.15	Bodyump	S1	Olga
11.30 - 13.00	Ashtanga Yoga	S1	Mark

**Christmas Day**  
**CLOSED**

**Boxing Day**  
**CLOSED**

<b>Wednesday 27th December</b>			
09.00 - 09.50	Aquafit	P*	Gemma
10.30 - 11.15	15/15/15	S1	Val
13.00 - 14.30	Hatha Yoga	S1	Karen

<b>Thursday 28th December</b>			
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

<b>Friday 29th December</b>			
08.15 - 09.15	Yoga	S1	Karen
09.30 - 10.30	Yoga	S1	Karen
10.40 - 11.40	Yoga	S1	Karen
11.10 - 12.00	Aquafit	P*	Haitham
11.45 - 12.45	Pilates	S1	Sabrina

Time	Class	Studio	Instructor
<b>Saturday 30th December</b>			
09.10 - 10.10	Bodyattack	S1	Lynsey
10.15 - 11.15	Bodybalance	S1	Gillian
11.15 - 12.00	Piyo	S1	Gillian

<b>Sunday 31st December</b>			
09.10 - 09.55	Bobycombat	S1	Susan
10.15 - 11.15	Bodyump	S1	Christina
11.30 - 13.00	Ashtanga Yoga	S1	Mark

**Monday 1st January**  
**CLOSED**

**Tuesday 2nd January**  
**CLOSED**

**Wednesday 3rd January**  
**NORMAL PROGRAMME RESUMES**

\*All Aquafit classes during festival season are held in the main pool.



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

SUPPORTED BY  
**EDINBURGH**  
 YOUR COUNCIL - YOUR SERVICES

Registered Scottish Charity No: SC027450

**Edinburgh Leisure**  
 The Biggest Club in Town

# The Royal Commonwealth Pool

## Festive fitness class timetable

**Time Class Studio Instructor**

### Friday 22nd December

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	Group Cycling	S2	Audrey Mc
09.30 - 10.30	Tums, Bums & Thighs	S1	Ruth L
10.00 - 10.45	Bodycombat	S2	Charis
10.00 - 11.00	Pilates	S3	Gillian S
10.00 - 11.00	Skills & Drills/Powerswim	P	Sarah
16.45 - 17.30	Bodycombat	S1	Sylwia
17.35 - 18.35	Bodypump	S1	Sylwia
18.05 - 19.05	Pilates	S3	Carol
18.35 - 19.35	Bodybalance	S1	Sylwia
19.05 - 20.35	Yoga	S3	Frances

### Saturday 23rd December

07.30 - 08.20	Group Cycling	S2	Stevie
08.00 - 08.30	Bodypump Tech	S1	Scott
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
16.30 - 17.30	Bodypump	S1	Brian
17.30 - 18.20	RPM	S2	Jamie

### Christmas Eve

09.30 - 10.20	RPM	S2	Barry C
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

### Christmas Day

**CLOSED**

### Boxing Day

**CLOSED**

**Time Class Studio Instructor**

### Wednesday 27th December

06.45 - 07.30	Bodypump	S1	Mel
09.00 - 10.00	Active Life	S2	Ruth L
09.15 - 10.15	Bodystep	S1	Ileen
09.15 - 10.15	Pilates	S3	Egle
10.30 - 11.30	Piloxing	S1	Ileen
16.45 - 17.30	Bodyattack	S1	Kasia
17.35 - 18.20	Bodypump	S1	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
18.25 - 19.10	Bodycombat	S1	Charlene

### Thursday 28th December

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	Mandy
10.30 - 11.30	Bodycombat	S2	Charis
10.35 - 11.35	Bodybalance	S1	Mandy
12.00 - 12.30	GRIT Strength	S1	Gordon
16.35 - 17.20	Bodyattack	S2	Audrey Mc
17.25 - 18.15	Bodypump	S1	Lynsey
17.30 - 18.15	Bodycombat	S2	Lisa
17.45 - 18.45	Bodybalance	S3	Karen
18.30 - 19.20	RPM	S2	Laura D
18.20 - 19.05	Bodyattack	S1	Pamela
18.45 - 19.45	Hatha Yoga	S3	Karen



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

SUPPORTED BY

• EDINBURGH •  
YOUR COUNCIL - YOUR SERVICES

Registered Scottish Charity No: SC027450

# Edinburgh Leisure

The Biggest Club in Town

# The Royal Commonwealth Pool

## Festive fitness class timetable

Time	Class	Studio	Instructor
<b>Friday 29th December</b>			
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	Group Cycling	S2	Audrey Mc
09.30 - 10.30	Tums, Bums & Thighs	S1	Ruth L
10.00 - 10.45	Bodycombat	S2	Charis
10.00 - 11.00	Pilates	S3	Gillian S
12.30 - 13.00	Metafit	S1	Una
16.45 - 17.30	Bodycombat	S1	Sylwia
17.35 - 18.35	Bodypump	S1	Sylwia
18.05 - 19.05	Pilates	S3	Carol
18.35 - 19.35	Bodybalance	S1	Sylwia

<b>Saturday 30th December</b>			
07.30-08.20	Group Cycling	S2	Stevie
08.00-08.30	Bodypump Tech	S1	Scott
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

<b>Sunday 31st December</b>			
09.30 - 10.20	RPM	S2	Barry C
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

Time	Class	Studio	Instructor
<b>Monday 1st January</b>			

### NO CLASSES

Gym Open: 09.00 - 16.00  
 Cafe Open: 09.00 - 16.00  
 Clambers Open 09.00 - 16.00

<b>Tuesday 2nd January</b>			
09.15 - 10.15	TBT	S1	Ruth
09.15 - 10.05	RPM	S2	Susan
17.25 - 18.15	Insanity	S2	Sarah
17.30 - 18.30	Bodystep	S1	Ruth
18.15 - 19.00	Sh'Bam	S2	Sarah
18.35 - 19.35	Bodypump	S1	Steve

<b>Wednesday 3rd January</b>			
<b>NORMAL PROGRAMME RESUMES</b>			



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

SUPPORTED BY

• EDINBURGH •  
 YOUR COUNCIL - YOUR SERVICES

Registered Scottish Charity No: SC027450

**Edinburgh Leisure**  
 The Biggest Club in Town