

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 > [Gracemount Leisure Centre](#)

Go to > [Glenogle Swim Centre](#)

Go to > [Jack Kane Swim 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	Intensity	Studio	Instructor
Saturday 22nd December				
07.40 - 08.25	Bodycombat	★★★★	S1	Sylvia
08.30 - 09.00	Core conditioning	★★	S1	Jean
09.00 - 10.00	RPM	★★★★	C	Barry
09.05 - 10.05	Bodyattack	★★★★	S1	Jean
10.05 - 11.05	Bodybalance	★★	S1	Charlotte
11.10 - 12.10	Bodystep	★★★★	S1	Denise
12.15 - 13.15	Bodycombat	★★★★	S1	Denise
13.20 - 14.50	Hatha Yoga	★★	S1	Hannah

Sunday 23rd December				
08.10 - 08.55	Bodycombat	★★★★	S1	Michelle
09.00 - 10.00	Bodypump	★★★★	C	Michelle
10.00 - 10.50	RPM	★★★★	C	Laura
10.05 - 11.05	Bodycombat	★★★★	S1	Michelle
11.05 - 12.05	Bodybalance	★★	S1	Susan

Christmas Eve				
09.25 - 10.10	Bodystep	★★★★	S1	Denise
10.00 - 10.45	Aquafit	★★	P	Katrina
10.15 - 11.00	Tums, Bums & Thighs	★★	S1	Denise
11.30 - 12.20	RPM	★★★★	C	Bill
12.30 - 13.15	Bodycombat	★★★★	S1	Charlene

Christmas Day				
CLOSED				
Boxing Day				
CLOSED				

Thursday 27th December				
09.25 - 10.25	Bodystep	★★★★	S1	Denise
09.30 - 10.20	RPM	★★★★	C	Egle
10.30 - 11.15	Powerhoop	★★	S1	Egle
11.20 - 12.20	Hatha Yoga	★★	S1	Judy
12.35 - 13.20	Bodycombat	★★★★	S1	Lisa
17.00 - 17.50	RPM	★★★★	S1	Brian
17.50 - 18.50	Bodypump	★★★★	S1	Danielle
19.00 - 20.00	Bodycombat	★★★★	S1	Michelle

Time	Class	Intensity	Studio	Instructor
Friday 28th December				
09.15 - 10.15	Bodybalance	★★	S1	Cristina
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
17.00 - 17.50	RPM	★★★★	C	Alex
17.30 - 18.30	Bodypump	★★★★	S1	Egle

Saturday 29th December				
07.40 - 08.25	Bodycombat	★★★★	S1	Sylvia
08.30 - 09.00	Core conditioning	★★	S1	Jean
09.00 - 10.00	RPM	★★★★	C	Barry
09.05 - 10.05	Bodyattack	★★★★	S1	Jean
10.05 - 11.05	Bodybalance	★★	S1	Charlotte
11.10 - 12.10	Bodystep	★★★★	S1	Denise
12.15 - 13.15	Bodycombat	★★★★	S1	Denise
13.20 - 14.50	Hatha Yoga	★★	S1	Hannah

Sunday 30th December				
08.10 - 08.55	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 - 12.05	Bodybalance	★★	S1	Susan

Hogmanay				
09.25 - 10.10	Bodystep	★★★★	S1	Denise
10.00 - 10.45	Aquafit	★★	P	Katrina
10.15 - 11.00	Tums Bums & Thighs	★★	S1	Denise
11.30 - 12.30	RPM	★★★★	C	Bill

New Years Day				
CLOSED				
2nd January				
CLOSED				
Thursday 3rd January				
OPEN AS NORMAL				



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 Intensity Studio Instructor

Saturday 22nd December			
08.25 - 08.55	Virtual CXWorx	♥♥♥ S1	V
08.30 - 09.20	RPM	♥♥♥♥ C	Allan
08.45 - 09.45	Pilates	♥♥♥ S3	Egle
09.00 - 09.45	Body Conditioning	♥♥♥ S2	Susan
09.00 - 09.45	Fitsteps	♥♥♥ S1	Helen
09.30 - 10.20	RPM	♥♥♥♥ C	Allan
09.50 - 10.50	Bodystep	♥♥♥♥ S1	Yvonne
09.50 - 10.35	Zumba	♥♥♥ S2	Helen
10.00 - 11.30	Yoga	♥♥♥ S3	Julie
10.55 - 11.55	Bodypump	♥♥♥♥ S1	Ruth
11.05 - 12.05	Bodybalance	♥♥♥ S2	Julie M

Sunday 23rd December

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	♥♥♥♥ SC	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

Christmas Eve

07.15 - 07.45	Virtual CXWorx	♥♥♥ S1	V
07.50 - 08.50	Virtual Bodycombat	♥♥♥♥ S1	V
08.30 - 09.20	Pilates	♥♥♥ S3	Beth
09.00 - 10.00	Active Life	♥ S1	Izabella
09.10 - 10.00	RPM	♥♥♥♥ C	Jane
09.15 - 10.00	Body Conditioning	♥♥♥ S2	Pamela
09.30 - 10.30	Pilates (Improver)	♥♥♥ S3	Allan
10.05 - 11.05	Bodyattack	♥♥♥♥ S2	Pamela
10.05 - 11.05	Bodypump	♥♥♥♥ S1	Charlene
10.30 - 11.30	Pilates (Improver)	♥♥♥ S3	Allan
11.00 - 12.00	Cardio Tennis	♥♥♥♥ TC	Michael
11.15 - 12.45	Yoga	♥♥♥ S1	Kerry
11.30 - 12.30	Pilates (Improver)	♥♥♥ S3	Janet

Time Class Intensity Studio Instructor

Christmas Day

CLOSED

Boxing Day

CLOSED

Thursday 27th December

08.20 - 09.10	RPM	♥♥♥♥ C	Michelle
08.30 - 09.30	Pilates (Improver)	♥♥♥ S3	Allan
09.15 - 10.15	Body Conditioning	♥♥♥ S1	Grant
09.30 - 10.20	RPM	♥♥♥♥ SC	Bill K
09.30 - 10.30	Pilates (Improver)	♥♥♥♥ S3	Rhona
09.30 - 10.30	PiYo	♥♥♥ S2	Gillian S
10.30 - 11.30	Pilates (Improver)	♥♥♥ S3	Alison
10.35 - 11.35	Bodypump	♥♥♥♥ S1	Scott
12.30 - 13.00	Virtual CXWorx	♥♥♥ S1	V
17.30 - 18.20	RPM	♥♥♥♥ C	Jane
17.30 - 18.20	Fitness Pilates	♥♥♥ S3	Ryan
17.40 - 18.25	Bodystep	♥♥♥♥ S1	Ruth
17.45 - 18.45	Bodybalance	♥♥♥ S2	Sara
18.30 - 19.30	Performance Training	♥♥♥♥ C	Jenny
18.30 - 19.30	Pilates (Improver)	♥♥♥ S3	Lesley C
18.30 - 19.30	Bodycombat	♥♥♥♥ S1	Emma
18.50 - 19.35	Zumba	♥♥♥ S2	Ross



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 Intensity Studio Instructor

Friday 28th December

09.00 - 10.00	Active Life	♥♥	S1	Izabela
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	Ruth
10.10 - 11.40	Yoga	♥♥	S3	Christine
10.30 - 11.30	Bodybalance	♥♥	S2	Allan
12.30 - 13.30	Pilates	♥♥	S3	Giuseppe
17.15 - 18.05	RPM	♥♥♥	C	Bill K
17.30 - 18.15	Bodypump	♥♥♥	S1	Olga
17.45 - 18.30	Core Pilates	♥♥	S2	Katy
18.15 - 19.05	RPM	♥♥♥	C	Bill K
18.30 - 19.30	Cardio Tennis	♥♥♥	TC	Michael
18.30 - 19.15	Latin Rhythms	♥♥	S2	Katy

Saturday 29th December

08.25 - 08.55	Virtual CXWorx	♥♥	S1	V
08.30 - 09.20	RPM	♥♥♥	C	Allan
08.45 - 09.45	Pilates	♥♥	S3	Egle
09.00 - 09.45	Body Conditioning	♥♥	S2	Susan
09.00 - 09.45	Fitsteps	♥♥	S1	Helen
09.30 - 10.20	RPM	♥♥♥	C	Allan
09.50 - 10.50	Bodystep	♥♥♥	S1	Yvonne
09.50 - 10.35	Zumba	♥♥	S2	Helen
10.00 - 11.30	Yoga	♥♥	S3	Julie
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

Time Class Intensity Studio Instructor

Sunday 30th December

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

Hogmanay

08.30 - 09.20	Pilates	♥♥	S3	Beth
09.00 - 10.00	Active Life	♥	S1	Izabella
09.10 - 10.00	RPM	♥♥♥	C	Jane
09.15 - 10.00	Body Conditioning	♥♥	S2	Pamela
09.30 - 10.30	Pilates (Improver)	♥♥	S3	Allan
10.05 - 11.05	Bodyattack	♥♥♥	S2	Pamela
10.05 - 11.05	Bodypump	♥♥♥	S1	Charlene
10.30 - 11.30	Pilates (Improver)	♥♥	S3	Allan
11.15 - 12.45	Yoga	♥♥	S1	Kerry
11.30 - 12.30	Pilates (Improver)	♥♥	S3	Janet

New Years Day

CLOSED

2nd January

CLOSED

Thursday 3rd January

OPEN AS NORMAL



edinburghleisure.co.uk

SUPPORTED BY

• EDINBURGH •
YOUR COUNCIL - YOUR SERVICES

Registered Scottish Charity No: SC027450

Edinburgh Leisure

The Biggest Club in Town

Time Class Intensity Studio Instructor

Saturday 22nd December

08.45 - 09.30	Bodypump	♥♥♥♥	S1	Estelle
09.15 - 09.45	Sprint	♥♥♥♥	C	Brian
09.30 - 10.30	Bodypump	♥♥♥♥	S1	Sylwia
09.30 - 11.00	Hatha Yoga	♥♥	S2	Petra
10.00 - 10.50	RPM	♥♥♥♥	C	Brian
10.30 - 11.30	Bodybalance	♥♥	S1	Sylwia
11.00 - 11.50	Group Cycling	♥♥♥♥	C	Steve
11.30 - 12.30	Bodycombat	♥♥♥♥	S1	Danielle
12.30 - 13.00	Core Conditioning	♥♥	S2	Danielle

Sunday 23rd December

09.15 - 10.05	RPM	♥♥♥♥	C	Susan H
09.30 - 10.30	Bodycombat	♥♥♥♥	S1	Denise
09.30 - 10.30	Pilates	♥♥	S2	Sue
10.15 - 11.05	RPM	♥♥♥♥	C	Allan
10.30 - 11.15	Body Conditioning	♥♥	S1	Lynne
11.15 - 12.15	Bodybalance	♥♥	S2	Roxanne

Christmas Eve

06.45 - 07.15	Sprint	♥♥♥♥	C	Jamie
09.00 - 09.30	Core Conditioning	♥♥	S2	Una
09.30 - 10.30	Bodycombat	♥♥♥♥	S1	Una
10.30 - 11.30	Yoga	♥♥	S2	Cat
10.30 - 11.30	Active Life	♥♥	S1	Una
11.00 - 11.45	Aquafit	♥♥	P	Gill

Christmas Day

CLOSED

Boxing Day

CLOSED

Time Class Intensity Studio Instructor

Thursday 27th December

09.30 - 10.20	RPM	♥♥♥♥	C	Lynne
09.30 - 10.30	Bodycombat	♥♥♥♥	S1	Danielle
10.30 - 11.30	Body Conditioning	♥♥	S1	Pamela
11.30 - 12.30	Pilates	♥♥	S2	Egle
16.45 - 17.30	Bodycombat	♥♥♥♥	S1	Louise
17.30 - 18.30	Bodypump	♥♥♥♥	S1	Louise
17.15 - 17.45	Sprint	♥♥♥♥	C	Lynne F
18.25 - 19.10	RPM	♥♥♥♥	C	Lynne F
18.30 - 19.30	Pilates	♥♥	S2	Giuseppe
18.30 - 19.30	Bodycombat	♥♥	S1	Louise

Friday 28th December

09.30 - 10.30	Pilates	♥♥	S2	Katie
09.30 - 10.30	Bodypump	♥♥♥♥	S1	Mel
10.00 - 10.50	Aquafit	♥♥	P	Fiona
10.35 - 11.25	Pilates	♥♥	S2	Beth
10.35 - 11.35	Bodybalance	♥♥	S1	Cristina
11.25 - 12.25	Pilates (Intermediate)	♥♥	S2	Beth



Time Class Intensity Studio Instructor

Saturday 29th December

08.45 - 09.30	Bodypump	★★★★	S1	Estelle
09.15 - 09.45	Sprint	★★★★	C	Brian
09.30 - 10.30	Bodypump	★★★★	S1	Sylwia
10.00 - 10.50	RPM	★★★★	C	Brian
10.30 - 11.30	Bodybalance	★★★	S1	Sylwia
11.00 - 11.50	Group Cycling	★★★★	C	Steve
11.30 - 12.30	Bodycombat	★★★★	S1	Danielle
12.30 - 13.00	Core Conditioning	★★★	S2	Danielle

Sunday 30th December

09.15 - 10.05	RPM	★★★★	C	Susan H
09.30 - 10.30	Bodycombat	★★★★	S1	Denise
09.30 - 10.30	Pilates	★★★	S2	Sue
10.15 - 11.05	RPM	★★★★	C	Allan
10.30 - 11.15	Body Conditioning	★★★	S1	Lynne
11.15 - 12.15	Bodybalance	★★★	S2	Roxanne

Hogmanay

06.45 - 07.15	Sprint	★★★★	S1	Jamie
09.00 - 09.30	Core Conditioning	★★★	S1	Una
09.30 - 10.30	Bodycombat	★★★★	S3	Una
10.30 - 11.30	Yoga	★★★	S1	Cat
10.30 - 11.30	Active Life	★★★	C	Una
11.00 - 11.45	AquaFit	★★★	S2	Gill

New Years Day

CLOSED

2nd January

CLOSED

Thursday 3rd January

OPEN AS NORMAL



edinburghleisure.co.uk

SUPPORTED BY

• EDINBURGH •
YOUR COUNCIL - YOUR SERVICES

Registered Scottish Charity No: SC027450

Edinburgh Leisure

The Biggest Club in Town

Gracemount Leisure Centre

Festive fitness class timetable

Time Class Intensity Studio Instructor

Saturday 22nd December

09.00 - 10.00	Bodyjam	♥♥♥♥	S2	Karl
09.15 - 10.00	Bodyattack	♥♥♥♥	S1	Dawn
10.05 - 10.50	Barre	♥♥	S1	Julie
10.05 - 10.50	Bodycombat	♥♥♥♥	S2	Lisa
10.55 - 11.40	Bodypump	♥♥♥♥	S2	Charlene
11.45 - 12.30	Zumba	♥♥	S1	Caroline
11.45 - 12.45	Bodybalance	♥♥	S2	Charlene

Sunday 23rd December

09.35 - 10.35	Bodycombat	♥♥♥♥	S1	Lorna
09.35 - 10.35	Bodypump	♥♥♥♥	S2	Lisa
10.40 - 11.25	Core Pilates	♥♥	S2	Sean
11.30 - 12.30	Bodybalance	♥♥	S2	Sean

Christmas Eve

09.15 - 10.15	Bodycombat	♥♥♥♥	S2	Charis
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

Christmas Day

CLOSED

Boxing Day

CLOSED

Thursday 27th 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 Intensity Studio Instructor

Friday 28th 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	♥♥	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	Audrey
12.00 - 12.45	H2O HIIT	♥♥♥♥	P	Gemma
13.00 - 13.45	Core Pilates	♥♥	S2	Nathalie

Saturday 29th December

09.00 - 10.00	Bodyjam	♥♥♥♥	S2	Karl
09.15 - 10.00	Bodyattack	♥♥♥♥	S1	Dawn
10.05 - 10.50	Barre	♥♥	S1	Julie
10.05 - 10.50	Bodycombat	♥♥♥♥	S2	Lisa
10.55 - 11.40	Bodypump	♥♥♥♥	S2	Charlene
11.45 - 12.30	Zumba	♥♥	S1	Caroline
11.45 - 12.45	Bodybalance	♥♥	S2	Charlene

Sunday 30th December

09.35 - 10.35	Bodycombat	♥♥♥♥	S1	Lorna
09.35 - 10.35	Bodypump	♥♥♥♥	S2	Lisa
10.40 - 11.25	Core Pilates	♥♥	S2	Sean
11.30 - 12.30	Bodybalance	♥♥	S2	Sean

Hogmanay

09.15 - 10.15	Bodycombat	♥♥♥♥	S2	Charis
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

New Years Day

CLOSED

2nd January

CLOSED

Thursday 3rd January

OPEN AS NORMAL



edinburghleisure.co.uk

SUPPORTED BY

• EDINBURGH •
YOUR COUNCIL - YOUR SERVICES

Registered Scottish Charity No: SC027450

Edinburgh Leisure

The Biggest Club in Town

Time Class Intensity Instructor

Saturday 22nd December

09.30 - 10.30	Bodycombat	♥♥♥♥	Danielle
10.30 - 12.00	Iyengar Yoga	♥♥	Alan
12.30 - 13.30	Bodybalance	♥♥	Christine

Sunday 23rd December

09.25 - 10.10	Bodypump	♥♥♥♥	Jean
10.15 - 11.00	Body Conditioning	♥♥	Pamela
11.00 - 12.00	Bodybalance	♥♥	Egle
13.00 - 14.30	Iyengar Yoga	♥♥	Alan

Christmas Eve

09.15 - 10.00	Body Conditioning	♥♥	Jeni
10.00 - 11.00	Zumba	♥♥	Peter
12.30 - 13.30	Pilates	♥♥	Giuseppe

Christmas Day

CLOSED

Boxing Day

CLOSED

Thursday 27th December

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

Friday 28th December

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

Time Class Intensity Instructor

Saturday 29th December

09.30 - 10.30	Bodycombat	♥♥♥♥	Danielle
10.30 - 12.00	Iyengar Yoga	♥♥	Alan
12.30 - 13.30	Bodybalance	♥♥	Christine

Sunday 30th December

09.25 - 10.10	Bodypump	♥♥♥♥	Jean
10.15 - 11.00	Body Conditioning	♥♥	Pamela
11.00 - 12.00	Bodybalance	♥♥	Egle
13.00 - 14.30	Iyengar Yoga	♥♥	Alan

Hogmanay

09.15 - 10.00	Body Conditioning	♥♥	Jeni
10.00 - 11.00	Zumba	♥♥	Peter
12.30 - 13.30	Pilates	♥♥	Giuseppe

New Years Day

CLOSED

2nd January

CLOSED

Thursday 3rd January

OPEN AS NORMAL



Jack Kane Sports Centre

Festive fitness class timetable

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

Saturday 22nd December

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

Sunday 23rd December

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

Christmas Eve

09.30 - 10.15 Group Cycling ♥♥♥♥ Fiona
13.15 - 14.15 Pilates ♥♥ Ileen

Christmas Day

CLOSED

Boxing Day

CLOSED

Thursday 27th December

09.30 - 10.15 Group Cycling ♥♥♥♥ Beth
12.15 - 13.00 Circuit Training ♥♥♥♥ Dougie

Friday 28th December

09.30 - 10.15 Zumba ♥♥ Anthony
10.30 - 11.30 Pilates ♥♥ Clare

Saturday 29th December

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

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

Sunday 30th December

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

Hogmanay

09.30 - 10.15 Group Cycling ♥♥♥♥ Fiona

New Years Day

CLOSED

2nd January

CLOSED

Thursday 3rd January

OPEN AS NORMAL



edinburghleisure.co.uk

SUPPORTED BY

• EDINBURGH •
YOUR COUNCIL - YOUR SERVICES

Registered Scottish Charity No: SC027450

Edinburgh Leisure

The Biggest Club in Town

Leith Victoria Swim Centre

Festive fitness class timetable

Time Class Intensity Studio Instructor

Saturday 22nd December

09.10 - 09.55	Gravity Circuits	♥♥	S2	Barry
09.10 - 09.55	POUND	♥♥	S1	Charis
09.15 - 09.45	SPRINT	♥♥♥♥	C	Mari/Laura G
09.55 - 10.45	RPM	♥♥♥♥	C	Mari/Laura G
10.00 - 10.45	Sh'Bam	♥♥♥♥	S1	Barry
10.00 - 11.00	Pilates	♥♥	S2	Katie
10.50 - 11.50	BodyPump	♥♥♥♥	S1	Linzi
11.10 - 12.10	Pilates	♥♥	S2	Katie
11.50 - 12.50	BodyBalance	♥♥	S1	Naomi
13.00 - 14.00	Hatton Boxing	♥♥♥♥	S1	Gym Team
15.00 - 15.45	Zumba (ladies only)	♥♥	S1	Aileen

Sunday 23rd December

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

Christmas Eve

09.30 - 10.30	Aquafit	♥♥	P	Egle
09.30 - 10.30	BodyPump	♥♥♥♥	S1	Karl
10.00 - 11.30	Yoga	♥♥	S2	Vanessa
10.35 - 11.35	Zumba	♥♥	S1	Rozanne

Christmas Day

CLOSED

Boxing Day

CLOSED

Thursday 27th December

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
17.10 - 17.55	BodyPump	♥♥♥♥	S1	Mari
17.20 - 18.05	BodyBalance	♥♥	S2	Nancy
17.45 - 18.35	RPM	♥♥♥♥	C	Susan
18.00 - 18.45	BodyCombat	♥♥♥♥	S1	Charis
18.10 - 19.10	BodyBalance	♥♥	S2	Mari
18.45 - 19.35	RPM	♥♥♥♥	C	Barry
18.50 - 19.35	Zumba	♥♥	S1	Roslyn

Time Class Intensity Studio Instructor

Friday 28th December

09.30 - 10.30	BodyPump	♥♥♥♥	S1	Kathy
09.30 - 10.45	Yoga	♥♥	S2	Vanessa
10.35 - 11.20	Piloxing	♥♥♥♥	S1	Ileen
17.10 - 18.00	BodyBalance	♥♥	S2	Mel
17.30 - 18.20	RPM	♥♥♥♥	C	Susan
17.30 - 18.30	BodyPump	♥♥♥♥	S1	Allan
18.05 - 19.05	Yoga	♥♥	S2	Matilda

Saturday 29th December

09.10 - 09.55	Gravity Circuits	♥♥	S2	Barry
09.10 - 09.55	POUND	♥♥	S1	Charis
09.15 - 09.45	SPRINT	♥♥♥♥	C	Mari/Laura G
09.55 - 10.45	RPM	♥♥♥♥	C	Mari/Laura G
10.00 - 10.45	Sh'Bam	♥♥♥♥	S1	Barry
10.00 - 11.00	Pilates	♥♥	S2	Katie
10.50 - 11.50	BodyPump	♥♥♥♥	S1	Linzi
11.10 - 12.10	Pilates	♥♥	S2	Katie
11.50 - 12.50	BodyBalance	♥♥	S1	Naomi
13.00 - 14.00	Hatton Boxing	♥♥♥♥	S1	Gym Team
15.00 - 15.45	Zumba (ladies only)	♥♥	S1	Aileen

Sunday 30th December

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

Hogmanay

09.30 - 10.30	Aquafit	♥♥	P	Egle
09.30 - 10.30	BodyPump	♥♥♥♥	S1	Karl
10.00 - 11.30	Yoga	♥♥	S2	Vanessa
10.35 - 11.35	Zumba	♥♥	S1	Rozanne

New Years Day

CLOSED

2nd January

CLOSED

Thursday 3rd January

OPEN AS NORMAL

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 Intensity Studio Instructor

Saturday 22nd December

09.10 - 10.10	Bodyattack	♥♥♥♥	S1	Lynsey
10.00 - 11.00	Beginners Yoga	♥	S2	Zosia
10.15 - 11.15	Bodybalance	♥♥	S1	Gillian

Sunday 23rd December

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

Christmas Eve

09.00 - 09.50	Aquafit	♥♥	MP	Barbara
10.15 - 11.15	Yoga	♥♥	S1	Karen
11.35 - 12.35	Pilates (advanced)	♥♥	S1	Jane
12.40 - 13.40	Active Life	♥	S1	Una

Christmas Day

CLOSED

Boxing Day

CLOSED

Thursday 27th December

08.40 - 09.25	15/15/15	♥♥	S1	Val
09.10 - 10.00	Aquafit	♥♥	MP	Haitham
09.30 - 10.30	Bodybalance	♥♥	S1	Val
11.35 - 13.05	Yoga	♥♥	S1	Tara

Friday 28th December

08.15 - 09.15	Yoga	♥♥	S1	Karen
09.30 - 10.30	Yoga	♥♥	S1	Karen
10.40 - 11.40	Yoga	♥♥	S1	Karen
11.45 - 12.45	Pilates	♥♥	S1	Sabrina

Time Class Intensity Studio Instructor

Saturday 29th December

09.10 - 10.10	Bodyattack	♥♥♥♥	S1	Lynsey
10.00 - 11.00	Beginners Yoga	♥	S2	Zosia
10.15 - 11.15	Bodybalance	♥♥	S1	Gillian

Sunday 30th December

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

Hogmanay

09.00 - 09.50	Aquafit	♥♥	MP	Barbara
10.15 - 11.15	Yoga	♥♥	S1	Karen
11.35 - 12.35	Pilates (advanced)	♥♥	S1	Jane
12.40 - 13.40	Active Life	♥	S1	Una

New Years Day

CLOSED

2nd January

CLOSED

Thursday 3rd January

OPEN AS NORMAL



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 Intensity Studio Instructor

Time Class Intensity Studio Instructor

Saturday 22nd December

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

Thursday 27th December

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	Izabela
10.30 - 11.30	Bodycombat	♥♥♥♥	S2	Charis
10.35 - 11.35	Bodybalance	♥♥♥	S1	Kasia
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

Sunday 23rd December

08.25 - 09.25	Bodypump	♥♥♥♥	S1	Barry
09.25 - 10.55	Hatha Yoga	♥♥	S3	Katie
09.30 - 10.20	RPM	♥♥♥♥	S2	Barry
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
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

Christmas Eve

06.45 - 07.30	Bodyattack	♥♥♥♥	S1	Sarah
09.30 - 10.30	Bodycombat	♥♥♥♥	S1	Danielle
09.30 - 10.30	Active Life	♥	S2	Ruth L
10.15 - 11.05	Aquafit	♥♥	P	Gemma
10.30 - 11.30	Bodybalance	♥♥	S3	Gillian
10.45 - 11.35	RPM	♥♥♥♥	S2	Ruth L

Christmas Day

CLOSED

Boxing Day

CLOSED



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 Intensity Studio Instructor

Friday 28th December

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	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

Saturday 29th December

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

Time Class Intensity Studio Instructor

Sunday 30th December

08.25 - 09.25	Bodypump	★★★★	S1	Barry
09.25 - 10.55	Hatha Yoga	★★★★	S3	Katie
09.30 - 10.20	RPM	★★★★	S2	Barry
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
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

Hogmanay

06.45 - 07.30	Bodyattack	★★★★	S1	Sarah
09.30 - 10.30	Bodycombat	★★★★	S1	Danielle
09.30 - 10.30	Active Life	★★★★	P	Ruth L
10.15 - 11.05	AquaFit	★★★★	S2	Gemma
10.30 - 11.30	Bodybalance	★★★★	S3	Gillian
10.45 - 11.35	RPM	★★★★	S2	Ruth L

New Years Day

Pools closed for New Years Day Triathlon. Gym & Clambers open 09.00-16.00; Café open 09.00 - 15.30

09.15 - 10.05	RPM	★★★★	S2	Susan
09.25 - 10.10	Bodypump	★★★★	S1	Kasia
10.10 - 11:00	RPM	★★★★	S2	Susan
10.15 - 11.15	Bodybalance	★★★★	S1	Kasia

New Years Day: Car park closed due to New Years Day Triathlon. Please plan ahead for alternative parking when visiting. Apologies for any inconvenience caused.



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 Intensity Studio Instructor

Wednesday 2nd January

09.15 - 10.15	Pilates	♥♥	S3	Egle
16.45 - 17.30	Bodyattack	♥♥♥♥	S1	Kasia
16.45 - 17.30	Sh'Bam	♥♥♥♥	S2	Sara
17.35 - 18.35	Bodypump	♥♥♥♥	S1	Kasia

Thursday 3rd January

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
10.30 - 11.30	Bodycombat	♥♥♥♥	S2	Charis
10.35 - 11.35	Bodybalance	♥♥	S1	Kasia
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

Time Class Intensity Studio Instructor

Friday 4th January

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	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



edinburghleisure.co.uk

SUPPORTED BY

• EDINBURGH •
YOUR COUNCIL - YOUR SERVICES

Registered Scottish Charity No: SC027450

Edinburgh Leisure

The Biggest Club in Town