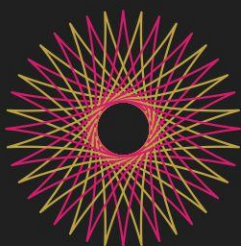


GROUP EXERCISE

8th July –
1st September 2019

| <u>MONDAY</u> | <u>CLASS</u> | <u>VENUE</u> | <u>THURSDAY</u> | <u>CLASS</u> | <u>VENUE</u> |
|------------------|-------------------------|--------------|-----------------|-------------------------|--------------|
| 07:15 - 07:45 | GYM CIRCUITS** | GYM | 07:15 - 07:45 | KETTLEBELLS | GYM |
| 08:00 - 08:50 | YOGA - Moira | STUDIO 2 | 08:00 - 08:50 | YOGA - Moira | STUDIO 2 |
| 09:30 - 10:30 | ACTIVE LIVING - Colleen | STUDIO 2 | 09:30 - 10:15 | ACTIVE LIVING - Colleen | STUDIO 2 |
| 12:15 - 13:00 | BODYPUMP - Claire | STUDIO 2 | 12:00 - 12:30 | HIIT CYCLE - Danny | SC RECEPTION |
| 13:15 - 13:45 | GRIT CARDIO - Danny | STUDIO 2 | 12:30 - 13:00 | GRIT STRENGTH - Lindsay | STUDIO 2 |
| 16:30 - 17:00 | GRIT PLYO - Lindsay | STUDIO 2 | 13:15 - 14:00 | PILATES - Katie | STUDIO 2 |
| 17:00 - 17:45 | RPM - Claire* | SC RECEPTION | 16:45 - 17:30 | BODYPUMP - Claire* | STUDIO 2 |
| 17:30 - 18:15 | BODYCOMBAT - AngelaT* | STUDIO 2 | 17:00 - 17:45 | RPM - Katrina* | SC RECEPTION |
| 18:00 - 18:30 | GYM CIRCUITS** | GYM | 18:00 - 18:30 | GYM CIRCUITS** | GYM |
| 18:15 - 19:15 | BODYBALANCE - Laura | STUDIO 2 | 18:00 - 19:00 | PILATES/CORE - Katrina | STUDIO 2 |
| | | | 18:35 - 19:05 | TABATA THUR | GYM |
| | | | 19:05 - 19:35 | BARRE - Sammi** | STUDIO 2 |
| <u>TUESDAY</u> | <u>CLASS</u> | <u>VENUE</u> | <u>FRIDAY</u> | <u>CLASS</u> | <u>VENUE</u> |
| 07:15 - 07:45 | KETTLEBELLS | GYM | 07:15 - 07:45 | GYM CIRCUITS** | GYM |
| 08:00 - 08:50 | YOGA - Moira | STUDIO 2 | 08:00 - 08:30 | GRIT MIX - Lindsay | STUDIO 2 |
| 09:30 - 10:30 | BODYPUMP - Danny | STUDIO 2 | 09:30 - 10:00 | CORE** | GYM |
| 12:15 - 13:05 | YOGA - Moira | STUDIO 2 | 12:00 - 12:45 | RPM - Claire** | SC RECEPTION |
| 12:30 - 13:00 | CORE** | GYM | 12:30 - 13:00 | GRIT MIX - Lindsay | STUDIO 2 |
| 13:15 - 14:00 | PILATES - Katie | STUDIO 2 | 13:05 - 13:55 | YOGA - Moira | STUDIO 2 |
| 16:30 - 17:30 | BODYPUMP - Danny | STUDIO 2 | 16:30 - 17:15 | BODYPUMP - Claire | STUDIO 2 |
| 17:35 - 18:05 | GRIT CARDIO - Danny* | STUDIO 2 | 17:20 - 18:05 | BODYCOMBAT - Claire** | STUDIO 2 |
| 18:00 - 18:30 | GYM CIRCUITS** | GYM | 18:00 - 18:30 | GYM CIRCUITS** | GYM |
| 18:30 - 19:30 | PILATES INT - AngelaK | STUDIO 2 | | | |
| 18:40 - 19:10 | TABATA TUE | GYM | | | |
| <u>WEDNESDAY</u> | <u>CLASS</u> | <u>VENUE</u> | <u>SATURDAY</u> | <u>CLASS</u> | <u>VENUE</u> |
| 07:15 - 07:45 | GYM CIRCUITS** | GYM | 08:00 - 09:00 | PILATES - Colleen | STUDIO 2 |
| 08:00 - 08:45 | PIYO - Sarah | STUDIO 2 | 09:00 - 09:30 | GRIT CARDIO - Danny* | STUDIO 2 |
| 12:00 - 12:30 | HIIT CYCLE - Danny | SC RECEPTION | 09:40 - 10:40 | BODYPUMP - Danny | STUDIO 2 |
| 12:00 - 12:45 | LBT - Claire** | STUDIO 2 | 10:30 - 11:00 | GYM CIRCUITS** | GYM |
| 13:00 - 14:00 | YOGA - Emma | STUDIO 2 | 11:05 - 11:35 | CORE** | GYM |
| 13:00 - 14:00 | SPIN - Dale | SC RECEPTION | | | |
| 17:20 - 18:20 | BODY COMBAT - Danny | STUDIO 2 | <u>SUNDAY</u> | <u>CLASS</u> | <u>VENUE</u> |
| 18:00 - 18:30 | GYM CIRCUITS** | GYM | 09:15 - 10:15 | CYCLE FIT - Tracy | SC RECEPTION |
| 18:30 - 19:15 | BODYPUMP - Danny | STUDIO 2 | 10:00 - 10:30 | GYM CIRCUITS** | GYM |
| 18:30 - 19:30 | SPIN - Tracy | SC RECEPTION | 16:15 - 16:45 | BARRE - Sammi | STUDIO 2 |
| 19:20 - 19:50 | GRIT PLYO - Danny | STUDIO 2 | | | |

KEY: Classes with pink asterisk denotes juniors 13+ can attend.
Wednesday Spin 13:00-14:00 - Not running in July.
 SC RECEPTION - Sport Centre Reception



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HEALTH AND FITNESS

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