

3RD JAN TO 31ST MARCH 2019



## FITNESS CLASS

# TIMETABLE

DAY	TIME	FITNESS CLASS	LOCATION	COST
MONDAY	9.15AM - 10.00AM	PIYO	VICTORIA HALLS	£4.80
	10.30AM - 11.15AM	TORQUE	GYM	£4.80
	12.30PM - 1.15PM	SUPER 60'S	VICTORIA HALLS	£3.30
	1.30PM - 2.15PM	AQUAFIT	POOL	£4.80
	2.00PM - 3.00PM	STRENGTH & BALANCE	VICTORIA HALLS	£4.80
	6.00PM - 6.45PM	KETTLERCISE	VICTORIA HALLS	£4.80
	7.00PM - 7.30PM	HIIT CIRCUIT	VICTORIA HALLS	£4.80
TUESDAY	9.15AM - 10.00AM	LEGS, BUMS & TUMS	VICTORIA HALLS	£4.80
	10.15AM - 11.00AM	BUGGY FIT	VICTORIA HALLS	£4.80
	10.30AM - 11.00AM	TORQUE EXPRESS	GYM	£4.80
	11.15AM - 12.00PM	GENTLE EXERCISE	VICTORIA HALLS	£4.80
	11.30AM - 12.30PM	EXCERCISE REFERRAL	GYM	£4.80
	6.00PM - 6.45PM	TORQUE	GYM	£4.80
WEDNESDAY	9.15AM - 10.00AM	TORQUE	GYM	£4.80
	10.00AM - 10.45AM	AQUAFIT	POOL	£4.80
	6.00PM - 6.30PM	TORQUE EXPRESS	GYM	£4.80
	6.45PM - 7.30PM	CIRCUITS	VICTORIA HALLS	£4.80
THURSDAY	9.00AM - 9.30AM	LEGS, BUMS & TUMS HIIT	VICTORIA HALLS	£4.80
	10.00AM - 10.45AM	TORQUE	GYM	£4.80
	11.30AM - 12.30AM	EXCERCISE REFERRAL	GYM	£3.30
	1.30PM - 2.15PM	AQUAFIT	POOL	£4.80
	2.00PM - 3.00PM	STRENGTH & BALANCE	VICTORIA HALLS	£4.80
	6.00PM - 6.45PM	BEST OF BOTH	GYM	£4.80
FRIDAY	9.30AM - 10.00AM	KETTLERCISE	VICTORIA HALLS	£4.80
	10.45AM - 11.30AM	TORQUE	GYM	£4.80
	6.00PM - 6.30PM	HIIT	GYM	£4.80
SATURDAY	9.30AM - 10.30AM	BEST OF BOTH	GYM	£4.80

**BOOKING INFORMATION** Please contact reception on 01436 672 224 to book a class or to enquire about membership. All classes must be booked and paid for in advance of attending the class.

**FITNESS SUITE HOURS:** SEE OUR [WEBSITE](#) FOR OPENING HOURS



Scottish Incorporated Charitable Organisation No. SC047545

Timetable subject to change

01436 672 224  
Helensburgh Leisure Pool  
visit [liveArgyll.co.uk](http://liveArgyll.co.uk)