

30TH JUL - 30TH SEP 2018



FITNESS CLASS

TIMETABLE

DAY	TIME	FITNESS CLASS	LOCATION	COST
MONDAY	07.15 AM - 08.00 AM	FUNCTIONAL FITNESS	STUDIO 2	£4.80
	10.00 AM - 10.45 AM	JUMP FIT	MAIN HALL	£4.80
	12.30 PM - 13.15 PM	CIRCUIT CONDITIONING	STUDIO 2	£4.80
	17.15 PM - 18.00 PM	INDOOR GROUP CYCLING	STUDIO 1	£4.80
	17.30 PM - 18.15 PM	JUMP FIT	MAIN HALL	£4.80
	18.15 PM - 19.00 PM	KETTLEBELLS	STUDIO 2	£4.80
TUESDAY	07.15 AM - 08.00 AM	CIRCUIT CONDITIONING	STUDIO 2	£4.80
	09.30 AM - 10.00 AM	LEGS, BUMS & TUMS	STUDIO 1	£4.80
	10.15 AM - 11.15 AM	30/30	STUDIO 2	£4.80
	12.30 PM - 13.00 PM	INDOOR GROUP CYCLING	STUDIO 1	£4.80
	17.15 PM - 18.00 PM	JUMP FIT	MAIN HALL	£4.80
	17.15 PM - 18.00 PM	INDOOR GROUP CYCLING	STUDIO 1	£4.80
	18.15 PM - 19.00 PM	CORE	STUDIO 2	£4.80
WEDNESDAY	06.50 AM - 07.20 AM	INDOOR GROUP CYCLING	STUDIO 1	£4.80
	07.30 AM - 08.00 AM	INDOOR GROUP CYCLING	STUDIO 1	£4.80
	10.00 AM - 10.45 AM	HERE COME THE GIRLS	STUDIO 2	£4.80
	12.15 PM - 13.00 PM	FUNCTIONAL FITNESS	STUDIO 2	£4.80
	17.30 PM - 18.15 PM	JUMP FIT	MAIN HALL	£4.80
	17.30 PM - 18.00 PM	FBX	STUDIO 1	£4.80
	18.15 PM - 19.00 PM	KETTLEBELLS	STUDIO 2	£4.80
	19.15 PM - 20.00 PM	INDOOR GROUP CYCLING	STUDIO 1	£4.80
THURSDAY	07.15 AM - 08.00 AM	CIRCUIT CONDITIONING	STUDIO 2	£4.80
	10.00 AM - 10.45 AM	JUMP FIT	MAIN HALL	£4.80
	11.15 AM - 12.00 PM	SUPER 60s	STUDIO 2	£3.30
	12.30 PM - 13.00 PM	INDOOR GROUP CYCLING	STUDIO 1	£4.80
	17.15 PM - 18.00 PM	HATTON BOXING	STUDIO 2	£4.80
	17.15 PM - 18.00 PM	INDOOR GROUP CYCLING	STUDIO 1	£4.80
	18.15 PM - 18.45 PM	STRETCH & FLEX	STUDIO 1	£4.80
	18.30 PM - 19.00 PM	CORE BLAST	STUDIO 2	£4.80
	FRIDAY	07.15 AM - 08.00 AM	FUNCTIONAL FITNESS	STUDIO 2
06.50 AM - 07.20 AM		INDOOR GROUP CYCLING	STUDIO 1	£4.80
07.30 AM - 08.00 AM		INDOOR GROUP CYCLING	STUDIO 1	£4.80
10.00 AM - 10.45 AM		CIRCUIT CONDITIONING	STUDIO 2	£4.80
12.30 PM - 13.00 PM		FBX	STUDIO 1	£4.80
17.30 PM - 18.15 PM		JUMP FIT	MAIN HALL	£4.80
SATURDAY	09.00 AM - 10.00 AM	30/30	STUDIO 2	£4.80
	10.15 AM - 11.00 AM	JUMP FIT	MAIN HALL	£4.80
	12.00 PM - 12.45 PM	JUNIOR WEIGHTS	RIVERSIDE	£3.30
SUNDAY	10.00 AM - 10.45 AM	FUNCTIONAL FITNESS	STUDIO 2	£4.80

BOOKING INFORMATION Please contact reception on **01369 800 500** 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



01369 800 500

Queen's Hall, Argyll St, Dunoon PA23 7HH

visit liveArgyll.co.uk

CLASS	DESCRIPTION	DURATION	LEVEL	CALORIES [†]
 KETTLE BELLS	This class combines strength training with cardio training in an explosive fat burning programme. Tighten and tone your whole body with one piece of kit.	45 MINS	HIGH	500 AVERAGE
 INDOOR CYCLING	The Coach By Color [®] programme combines accurate zonal training with stimulating colour to help the instructor coach your effort during the workout.	30 OR 45 MINS	MEDIUM/HIGH	600 AVERAGE
 CIRCUIT CONDITIONING	Ideal for anyone, Circuit Conditioning combines traditional and non-traditional bodyweight exercises with resistance training, using a variety of equipment for a total body workout.	45 MINS	HIGH	650 AVERAGE
<i>HERE COME</i> The Girls	A fitness class for the ladies combining a mixture of Aerobic & Conditioning exercises to create a fun, enjoyable session.	45 MINS	LOW (LADIES ONLY)	315 AVERAGE
 CORE	An abdominal workout class with a focus on core strength and stability to really give shape and definition to the abdominal area.	45 MINS	MEDIUM/HIGH	300 AVERAGE
STRETCH & FLEX	This class will help improve strength and flexibility with a focus on stretching and strengthening the whole body.	30 MINS	LOW	200 AVERAGE
 LEGS, ARMS & TUMMIES	This class will tighten & tone the legs, bum & stomach with a variety of other exercises that will help sculpt and shape those hard to target areas.	30 MINS	LOW	210 AVERAGE
 Functional FIT	Reduce body fat and improve fitness in this high energy full body workout based on functional movements like running, jumping lifting and throwing.	45 MINS	HIGH	650 AVERAGE
 FATBURN EXTREME	Fixed 20 minute, maximal intensity workout with no dictated rest periods. Participants work until failure and rest only for recovery which makes it specific for each individual.	30 MINS	HIGH	450 AVERAGE
30/30	A great all round class designed to give you a full body workout with 30 minutes of cardio and 30 minutes strength and toning.	60 MINS	HIGH	500 AVERAGE
 HATTON BOXING	Hatton Boxing is for anyone of any fitness level. Hatton Boxing teaches you the fundamentals of boxing in a great fun workout.	45 MINS	HIGH	500 AVERAGE
JumpFit	Jump fit is a safe, effective and fun low impact workout performed on a small trampoline. It's a full body workout that burns fat, strengthens and tones the core, legs and upper body.	45 MINS	MEDIUM/HIGH	400 AVERAGE
super60s	A low impact seniors exercise class with a great social aspect.	45 MINS	LOW	315 AVERAGE
JUNIOR Weights	A gym based introduction to resistance training for 14-16 year old.	45 MINS	LOW	200 AVERAGE
 CORE BLAST	A 30 minute class designed to build a strong, controlled core.	30 MINS	LOW/MEDIUM	200 AVERAGE

[†] The calorific burn rate of each class above is based on average results. Individual results may vary.