

DEVERON & MACDUFF'S GROUP FITNESS TIMETABLE

MONDAY CLASSES			
50:10	07:00-07:45	Sports Hall	Deveron Centre
Bar Blast	09:15-10:00	Sports Hall	Deveron Centre
HIIT	10:00-10:30	Sports Hall	Deveron Centre
TRX	11:00-11:45	Sports Hall	Deveron Centre
Zumba	12:00-12:30	Sports Hall	Deveron Centre
Pilates	12:30-13:15	Sports Hall	Deveron Centre
FBX*	14:15-14:45	Com Rooms	Macduff Centre
FBX/HITT	17:30-18:00	Sports Hall	Deveron Centre
Body Tone	18:15-19:00	Sports Hall	Deveron Centre
Boxfit	19:15-20:15	Sports Hall	Deveron Centre
Pedal Power	19:15-20:00	Dance Studio	Deveron Centre
Aqua Aerobics	20:15-21:00	Swimming Pool	Deveron Centre
TUESDAY CLASSES			
Spin/Abs	07:00-07:45	Sports Hall	Deveron Centre
Over 50s Aqua	09:00-09:45	Swimming Pool	Deveron Centre
Pedal Power	09:15-10:00	Dance Studio	Deveron Centre
Gym Inductions	10:00-10:30	Gym	Deveron Centre
Body Tone	10:15-11:00	Sports Hall	Deveron Centre
Abs	11:00-11:30	Sports Hall	Deveron Centre
Aerobics	18:00-18:45	Sports Hall	Deveron Centre
Accumulator	18:00-18:30	Dance Studio	Deveron Centre
TRIFIT	19:00-19:45	Sports Hall	Deveron Centre
Aqua Aerobics	19:00-19:45	Swimming Pool	Deveron Centre
Abs Like Slabs	19:45-20:15	Sports Hall	Deveron Centre
WEDNESDAY CLASSES			
Hip-Up	07:00-07:45	Sports Hall	Deveron Centre
Over 50s Aqua	08:45-09:30	Swimming Pool	Deveron Centre
Circuits	09:15-10:00	Sports Hall	Deveron Centre
Kettlebell Kardio	10:00-10:30	Sports Hall	Deveron Centre
Aerobics	10:45-11:30	Sports Hall	Deveron Centre
Stretch & Flex	11:30-12:15	Sports Hall	Deveron Centre
Beginners Fitness	12:30-13:15	Sports Hall	Deveron Centre
TRX	17:30-18:15	Sports Hall	Macduff Centre
50:10	18:15-19:00	Sports Hall	Deveron Centre
FBX/HIIT	19:00-19:30	Sports Hall	Deveron Centre
Male Class	19:45-20:30	Sports Hall	Deveron Centre
Fitness Programmes	17:00-21:00	Gym	Deveron Centre
THURSDAY CLASSES			
Squat Drop	07:00-07:45	Sports Hall	Deveron Centre
Over 50s Circuits	09:00-10:00	Sports Hall	Deveron Centre
HIIT	09:15-09:45	Dance Studio	Deveron Centre
Bar Blast	10:00-10:45	Sports Hall	Deveron Centre
Beginners Fitness	11:00-11:45	Sports Hall	Deveron Centre
Gentle Spin	12:00-12:30	Sports Hall	Deveron Centre
Crazy Cardio	17:30-18:00	Sports Hall	Deveron Centre

Zumba	18:00-18:30	Sports Hall	Deveron Centre
Gym Inductions	18:00-18:30	Gym	Deveron Centre
Circuits	18:15-19:00	Sports Hall	Deveron Centre
Pedal Power	19:15-20:00	Dance Studio	Deveron Centre
Pilates	19:15-20:00	Sports Hall	Macduff Centre
Stretch & Flex	20:00-20:30	Sports Hall	Macduff Centre
FRIDAY CLASSES			
Bar Blast	07:00-07:45	Sports Hall	Deveron Centre
FBX/HIIT	09:15-09:45	Sports Hall	Deveron Centre
50:10	10:00-10:45	Sports Hall	Deveron Centre
Over 50s Gentle Weights	11:00-11:45	Sports Hall	Deveron Centre
Aqua Aerobics	14:00-14:45	Swimming Pool	Deveron Centre
Aerobicise	17:45-18:45	Sports Hall	Deveron Centre
Pilates	18:45-19:45	Dance Studio	Deveron Centre
SATURDAY CLASSES			
HIIT	09:00-09:30	Sports Hall	Deveron Centre
Body Tone	09:45-10:30	Sports Hall	Deveron Centre
Fitness Programmes	11:00-13:00	Sports Hall	Deveron Centre
SUNDAY CLASSES			
Weekend Warrior	09:30-10:30	Sports Hall	Deveron Centre
Gym Inductions	10:30-11:00	Gym	Deveron Centre
Deep Water Aerobics	11:15-12:00	Swimming Pool	Deveron Centre