

BENNACHIE LEISURE CENTRE TIMETABLE
7th January - 31st March 2019

OPENING TIMES	MON 09:00-22:00	TUES 06:00 - 22:00	WED 06:00 - 22:00	THUR 06:00 - 22:00	FRI 07:00 -20:00	SAT 09:00 - 15:00
EARLY BIRDS 06:00 - 07:00		06:15 - 06:45 INDOOR CYCLING EXPRESS	06:15 - 06:45 FUNCTIONAL TRAINING	06:15 - 06:45 INDOOR CYCLING EXPRESS	07:00 - 07:30 METAFFIT	
MORNING 09:00 -12:00	09:15 - 09:45 METAFFIT	09:00 - 11:00 BADMINTON DROP IN	09:15 - 10:00 RUGBY BAIRNS PRE SCHOOL	09:30 - 10:00 INDOOR CYCLING EXPRESS	09:00 - 10:30 BADMINTON DROP IN	09:00 - 09:30 METAFFIT
	09:15 - 10:00 INDOOR CYCLING	09:30 - 10:30 BUILD WITH BARCLAY	09:30 - 10:00 METAFFIT	09:45 - 10:45 ZUMBA	09:30 - 10:30 INDOOR CYCLING	09:30 - 11:00 LEANNE MACVEIGH DANCE
	09:40 - 10:10 TOOTS TUNES	10:30 - 11:45 RELAX YOGA 22/1/19 onwards	09:30 - 10:30 JOG SCOTLAND INSCH BEGINNERS	10:15 - 10:45 INDOOR CYCLING LOW INTENSITY	11:00 - 12:00 GENTLE MOVEMENT	
	10:15 - 10:45 TOOTS TUNES		09:45 - 11:00 WALKING GROUP	11:00 - 12:00 LINE DANCING		
	11:00 - 12:30 SCRABBLE & DOMINOS DROP IN		10:15 - 11:15 WALKING TOUCH RUGBY			
		10:30 - 11:15 BUILD AND CYCLE				
CAFÉ	CAFÉ 12 - 2		CAFÉ 10 - 2			SUN 09:00 - 15:00
AFTERNOON 13:00 - 16:45	13:00 - 13:45 PRE SCHOOL FOOTBALL	13:00 - 14:00 BUILD WITH BARCLAY	13:00 - 13:45 RUGBY BAIRNS PRE SCHOOL	16:00 - 16:45 BADMINTON P4 - 7	13:00 - 13:45 SUPER HERO CIRCUITS PRE SCHOOL	
	13:00 - 13:45 GYM CIRCUITS	14:00 - 14:30 EXPRESS ABS	15:30 - 16:15 MINI NINJAS P4 - 7	16:30 - 17:30 LEANNE MACVEIGH DANCE	16:00 - 17:00 FOOTBALL P1-3	
	13:30 - 15:00 BUMPS 2 BOOBS	14:00 - 15:30 WHIST DROP IN	16:15 - 16:45 JUNIOR INDOOR CYCLING			
	14:30 - 15:30 G.C.R.A.	15:45 - 16:30 ACTIVE KIDS P6/7	16:15 - 17:00 MINI NINJAS P1 - 3			
		16:45 - 20:00 LEANNE MACVEIGH DANCE				
EVENING 17:00 - 22:00	18:15 - 21:00 BADMINTON DROP IN 1COURT	17:00 - 18:00 RUGBY SKILLS & CONDITIONING	17:00 - 17:30 TEEN INDOOR CYCLING	17:00 - 17:45 BOUNCE WITH BARCLAY P1-7	17:15 - 18:15 BADMINTON ALL AGES	
	18:15 - 21:00 SATORI MARTIAL ARTS	17:30 - 19:30 GARIOCH GYMNASTICS	18:00 - 19:00 INSCH & DISTRICT FOOTBALL CLUB	17:45 - 18:30 BUILD WITH BARCLAY	18:30 - 20:00 ROLLER / HOVERBOARDS*	
	19:00 - 20:00 INDOOR CYCLING	18:30 - 20:15 WAR GAMES CLUB - JUNIOR	19:00 - 20:00 INDOOR CYCLING	18:30 - 19:15 BOUNCE & BUILD WITH BARCLAY	18:30 - 19:30 JOG SCOTLAND INSCH SPEED WORK	
	19:00 - 20:00 JOG SCOTLAND INSCH BEGINNERS	19:00 - 19:30 INDOOR CYCLING BEGINNERS	19:00 - 20:00 W/W (Weight Watchers reimagined)	18:30 - 22:00 WAR GAMES CLUB - ADULT	18:30 - 20:00 YOUTH CLUB JUNIOR* (P7-S2)	
		19:30 - 20:00 METAFFIT	19:00 - 20:00 BENNACHIE NETBALL DROP IN	19:00 - 19:45 INDOOR CYCLING	20:00 - 21:30 YOUTH CLUB SENIOR* (S2+)	
	20:15 - 22:00 WAR GAMES CLUB - ADULT	20:00 - 22:00 BADMINTON DROP IN	20:00 - 21:00 ZUMBA	*Please note these classes are held monthly, enquire for next date		
					 <p>FITNESS & WEIGHTS ROOM LAST ENTRY IS 1 HOUR BEFORE CLOSING TIME</p>	
					<p>KEY</p> <p>BENNACHIE LEISURE CENTRE RUN ADULT CLASSES</p> <p>BENNACHIE LEISURE CENTRE RUN CHILDRENS CLASSES</p> <p>EXTERNAL RUN CLASSES / GROUPS</p>	

MetaFit

The original non-choreographed **High-Intensity** workout including a series of body-weight exercises with **Interval style training**, designed to keep your body burning calories long after your training session is complete. This is a class you can be sure to push you to your limits.

Indoor Cycling

Our instructors offer a vast array of classes changing the focus from **Endurance, Strength, Intervals** and **High intensity** in this low impact sport. Ideal for all levels of fitness and experience. Saddle up and enjoy the ride, best news is, this Cycle ride doesn't get postponed for rain! Please note: Minimum height requirement of 4'9".

Scrabble / Dominoes Drop In

This relaxed session is for anyone who wants to exercise their mind with these popular word & number games.

Badminton

Walk in sessions. Either bring friends to challenge or just turn up and see who else is here to play. A selection of racquets are available if you'd like to borrow one.

Build with Barclay

This **Weighted Bar Class** will give you a total body workout as you Press, Row, Curl and yes Squat your way to triumph. No Tricep, Bicep, Quadricep, Lat or Glute will escape. Your Welcome.

Relax Yoga

Yoga is a mind-body practice that combines physical poses, **Controlled breathing, Meditation** and **Relaxation**. Take some 'you' time & enjoy this relaxed session. Learn the importance of finding time to be mindful in our busy lives.

Express Abs

This half hour class is dedicated to all things **Abdominal**. It's lying down for half an hour how hard can that be? You'll wish ABS did stand for Anti-locking Brake System by the end of this class.

Build and Cycle

Arlene will put you through your paces in this class as you combine indoor cycling with resistance training.

Functional Training

Functional Training exercises your body and muscles the same way that everyday life does. The training prepares your body for activities during everyday life and helps maintain your **Strength** and **Endurance**. The class can also help with any goals you wish to reach.

Gym Circuits

Stuart will guide you around the fitness suite in this structured class helping you make the most of your gym session.

Zumba

Taking the "work" out of workout Zumba combines **Latin** and international music with **Dance moves**. The routines incorporate low intensity and high intensity moves for an interval style, **Calorie-burning** fitness party.

Indoor Cycling Low Intensity

In this class the intensity is kept **Low** which may suit the older adult or those recovering from injury. Indoor cycling is already **Low Impact** so now there's no reason not to give it a go.

Bounce and Build with Barclay

This is **Trampettes** for adults, what's not to love. This fun filled **Bounce** session is interspersed with **Weight Training**, so if anybody asks, "no, you weren't just bouncing around for the fun of it" P.S you will be really!

Gentle Movement

Aimed at older adults, those recovering from injury, or new to exercise. This class is a great way to either keep fit or support those recovering from injury. The class will help to improve your **Flexibility**, aid **Balance** and build **Strength**. This class is supported by both Friends of Inch Hosp. and Move More with Aberdeenshire Council.

Walking Rugby

Fancy a game of **Non-Contact** Rugby? These sessions are suitable for all ages and abilities. Come along and enjoy a game, no experience required.

External Class Contact Details

Toots Tunes

Contact: Karen 07734 904442

Bumps 2 Boobs

Aberdeenshire NCT on Facebook

Satori Martial Arts

Contact: Dave.Mutch007@gmail.com

Jog Scotland Inch

Jog Scotland Inch on Facebook

Whist Drop in

Contact: Bennachie Leisure Centre

Garioch Gymnastics

Contact: Elaine 01467 532922

Walking Group

Contact: Bennachie Leisure Centre

Leanne McVeigh Dance

Contact: Leanne Macveigh Dance Academy on Facebook

Insch & District Football

Contact: Inch and District Football Club on F/book

WW (weight Watchers Reimagined)

Contact: WW_Kimpossible on Facebook

Bennachie Netball

Contact: Bennachie Netball Club on Facebook

Bennachie Leisure Centre
Largie Road
Insch
Aberdeenshire
AB52 6LT

Call: 01464 821248

Email: info@blcinsch.scot

Website: www.blc.scot