

ADULT FESTIVE TIMETABLE 24th December 2018 - 6th January 2019

	Sun. 23rd Dec	Mon. 24th Dec	Tues. 25th Dec	Wed. 26th Dec	Thurs. 27th Dec	Fri. 28th Dec	Sat. 29th Dec	Sun. 30th Dec
		Mon. 31st Dec	Tues. 1st Jan	Wed. 2nd Jan	Thurs. 3rd Jan	Fri. 4th Jan	Sat. 5th Jan	Sun. 6th Jan
Buildin g Openin g Hours	9am - 3pm	9am -3pm	1st Jan Evening ceilidh only		9am -12 noon & 6pm - 8.30pm	9am - 12 noon	9am - 12 noon	9am - 12 noon
	10:00 - 12:00 INDOOR CYCLING Christmas Party!! CAZ KEDWARD	09:00 - 09:30 METAFIT ANNA ROBERTSON	CLOSED	CLOSED	09:30 - 10:00 METAFIT ANNA ROBERTSON	09:15 - 11:00 BADMINTON all Welcome 3 COURTS	09:30 - 10:00 BOOTCAMP ANNA ROBERTSON	10:00 - 11:00 INDOOR CYCLING CAZ KEDWARD
		09:30 - 10.15 INDOOR CYCLING Last Blast CAZ KEDWARD				3rd Jan ONLY 10:00 - 10:30 INDOOR CYCLING January Kick Starter - Fat burning zone CAZ KEDWARD	09:30 - 10:30 INDOOR CYCLING CAZ KEDWARD	
					18:00 -19:00 BUILD WITH BARCLAY ARLENE BARCLAY			
					19:00 - 20:00 INDOOR CYCLING Turkey burner CAZ KEDWARD			

CHILDREN'S FESTIVE TIMETABLE 24th December 2018 - 6th January 2019

	Mon. 24th Dec	Tues. 25th Dec	Wed. 26th Dec	Thurs. 27th Dec	Fri. 28th Dec	Sat. 29th Dec	Sun. 30th Dec
	Mon. 31st Dec	Tues. 1st Jan	Wed. 2nd Jan	Thurs. 3rd Jan	Fri. 4th Jan	Sat. 5th Dec	Sun. 6th Jan
Building Opening Hours	9am - 3pm	1st Jan Evening event only		9am -12 noon & 6pm - 8.30pm	9am - 12 noon	9am - 12 noon	9am - 12 noon
	09:00 - 10:30 LEGO CLUB P1 +	CLOSED		09:15 - 10:45 Rugby Bairs Pre School 3-5 yrs	09:15 - 12:00 BADMINTON. ALL AGES WELCOME 3 COURT		
			CLOSED		11:15 - 12:00 BOUNCE WITH BARCLAY - P1 -7 ARLENE BARCLAY	09:15 -12:00 WARHAMMER P5 up	
				18:00 - 19:00 TEEN GYM	11:15 - 12:00 Super Hero Curcuits - Pre School 3-5 yrs		

ADULT TIMETABLE 29th October - 23rd December 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:15 - 06:45 MINDSWEEPER STUART CORSAR	06:15 - 06:45 FUNCTIONAL TRAINING PATRICIA COWARD	06:15 - 06:45 INDOOR CYCLING CAZ KEDWARD	06:15 - 06:45 CORE BLAST PATRICIA COWARD	07:00 - 07:30 METAFIT ANNA ROBERTSON	09:30 - 10:30 INDOOR CYCLING CAZ/SUE	10:00 - 11:00 INDOOR CYCLING CAZ/SUE
09:15 - 09:45 METAFIT ANNA ROBERTSON	09:00 - 11:00 BADMINTON 3 COURTS	09:30 - 10:00 METAFIT ANNA ROBERTSON	09:30 - 10:00 INDOOR CYCLING EXPRESS SUE ALLEN	09:15 - 10:15 BADMINTON 3 COURTS	09:30 - 10:00 BOOTCAMP ANNA ROBERTSON	
09:15 - 10:00 INDOOR CYCLING CAZ KEDWARD	09:30 - 10:30 BUILD WITH BARCLAY ARLENE BARCLAY	14:00 - 15:00 GENTLE EXERCISE PATRICIA COWARD	09:45 - 10:45 ZUMBA SHONA BURROWS	09:30 - 10:30 INDOOR CYCLING CAZ KEDWARD		
18:15 - 19:00 STRETCH & TONE PATRICIA COWARD	10:30 - 11:45 RELAX YOGA ALLISON GRANT	17:45 - 18:45 POWER OF 3 PATRICIA COWARD	10:30 - 11 INDOOR CYCLING LOW INTENSITY SUE ALLEN	13:00 - 14:00 LEGS, TUMS & BUMS PATRICIA COWARD		
18:15 - 21:00 BADMINTON BEGINNERS 1 COURT	13:00 - 14:00 BUILD WITH BARCLAY ARLENE BARCLAY	19:00 - 20:00 INDOOR CYCLING CAZ KEDWARD	18:30 - 19:15 BOUNCE & BUILD WITH BARCLAY ARLENE BARCLAY	17:15 - 18:15 BADMINTON ALL AGES WELCOME 1 COURT		
19:00 - 20:00 INDOOR CYCLING SUE ALLEN	14:00 - 14:30 EXPRESS ABS ARLENE BARCLAY	20:00 - 22:00 BADMINTON CLUB 3 COURTS	19:30 - 20:30 INDOOR CYCLING CAZ KEDWARD			
	18:15 - 19:15 RIP PATRICIA COWARD					
	19:30 - 20:00					

METAFIT
ANNA

CHILDREN'S TIMETABLE 29th October - 23rd December 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
13:00 - 13:45 PRE SCHOOL FOOTBALL	15:45 - 16:30 COMBAT KIDS P6 /7 STUART CORSAR	09:15 - 10:00 RUGBY BAIRNS PRE SCHOOL	16:00 - 16:45 BADMINTON P4-7	13:00 - 13:45 Super Hero Curcuits - Pre School 3-5 yrs		
18:15 - 21:00 BADMINTON BEGINNERS. ALL AGES WELCOME 1 COURT	17:00 - 18:00 TEEN GYM STUART CORSAR	13:00 - 13:45 RUGBY BAIRNS PRE SCHOOL	17:00 - 17:45 BOUNCE WITH BARCLAY -P1 -7 ARLENE BARCLAY	16:00 - 17:00 FOOTBALL P 1-3		
	18:30 - 20:15 WAR HAMMER CLUB P5 - ADULT 30th oct, 6th, 13th, 20th Nov, 4th & 11th Dec /Meeting room	15:30 - 16:15 MINI NINJAS P1-3	17:45 - 18:30 TEEN BOUNCE WITH BARCLAY ARLENE BARCLAY	17:15 - 18:15 BADMINTON. ALL AGES WELCOME 1 COURT		
		15:30 - 16:00 JUNIOR INDOOR CYCLING SUE ALLAN		18:15 -19:45 ROLLER DISCO/HOVERBOARDS/YOUTH CLUB 19:00- 20:30		
		16:15 - 17:00 MINI NINJAS P4-7				
		17:00 - 17:30 TEEN INDOOR CYCLING SUE ALLEN				

<p>Mindsweeper – This High Intensity Interval Training session is just perfect to kick start the week. Full-body Strength Training with High Intensity Cardio bursts. Get your heart pumping as you prepare for the week ahead. Forget Eat, Sleep, Repeat, it's Cardio, Strength, Repeat. You've got this.</p>	<p>MetaFit – It's 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. Designed by a former marine, this is a class you can be sure to push you to your limits.</p>
<p>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! Minimum height requirement of 4'9"</p>	<p>Stretch and Tone – This Low Impact class is perfect for everyone, whatever your age, shape or size, everybody should add this class to their workout week. Helping you to stay Stronger for longer this class will help to define your arms, legs, tums and bums. Helping you to reach higher, bend further and move easier.</p>
<p>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.</p>	<p>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</p>
<p>Relax Yoga - Yoga is a mind-body practice that combines physical poses, Controlled breathing, Meditation and Relaxation. It's important to take some 'you' time and enjoy this relaxed session. Learn the importance of finding time to be mindful in our busy lives.</p>	<p>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.</p>
<p>RIP - This 60-minute barbell program is suitable for able-bodied men and women of all ages and fitness levels. It matches movement to music and using traditional Strength training allows participants to work at their own level.</p>	<p>Gentle Exercise – 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.</p>

<p>Power of 3 – For those new or returning to exercise this class offers a taster of 3 of our most popular classes. 20 minutes each of Indoor Cycling, Weight Training and Stretch and Tone. Perfect for those new to any of the 3 disciplines or looking to get an all round workout within an hour.</p>	<p>Bounce and Build with Barclay – 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.</p>
<p>Core Blast - This short yet challenging workout targets your abs, back and midriff. A strong core can help with Balance, Posture and overall Strength.</p>	<p>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.</p>
<p>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.</p>	<p>Legs/Bums/Tums – Perfect for those hard to reach areas, this class will help you to Tone up, Firm up and Burn fat from your tummy, hips, thighs and bottom.</p>
<p>Bootcamp - "I don't know but I've been told...." Anna's take on old style fitness training. Building Core strength, Resilience and Grit. GRRRRR. Expect to work hard and target all your major muscle groups.</p>	<p>Badminton – Walk-in sessions, where you can either bring friends to challenge to a match or just turn up and see who else is here to play. We have a selection of racquets available if you'd like to borrow one to give it a try.</p>