

FITNESS CLASS TIMETABLE

AUCHENHARVIE

MONDAY

EVOLVE 60	9:30 AM	-	10:30 AM
YOGA	11:30 AM	-	12:30 PM
BODY COMBAT	5:30 PM	-	6:15 PM
KETTLERCISE	6.45 PM	-	7.30 PM
STEP	8:00 PM	-	8:45 PM

TUESDAY

BODY COMBAT	9:15 AM	-	10:00 AM
BODY COMBAT	5:30 PM	-	6:15 PM
BODY PUMP	6:45 PM	-	7:30 PM
EVOLVE 45	8:00 PM	-	8:45 PM

WEDNESDAY

BUMS TUMS	9:15 AM	-	10:00 AM
YOGA	4.45 PM	-	5:30 PM
KETTLEBELLS	6:00 PM	-	6:45 PM
STEP	7:15 PM	-	8:00 PM

THURSDAY

KETTLEBELLS	5:30 PM	-	6:15 PM
STEP	6:45 PM	-	7:30 PM
ABS	8:00 PM	-	8:30 PM

FRIDAY

KETTLEBELLS	9:15 AM	-	10:00 AM
BEGINNERS YOGA	1:45 PM	-	2:45 PM
BUMS TUMS	5:00 PM	-	6:00 PM

SATURDAY

BODY COMBAT	9:00 AM	-	9:45 AM
METAFIT	10:15 AM	-	10.45 AM
ABS	11.15 AM	-	11.45 AM

SUNDAY

YOGA	3:00 PM	-	4:30 PM
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Saltcoats Road, Stevenston, KA20 3JR
T: 01294 605126

VIKINGAR!

MONDAY

WAKE & TONE	9:00 AM	-	10:00 AM
EVOLVE 45	6:00 PM	-	6:45 PM
ZUMBA	7:30 PM	-	8:30 PM

TUESDAY

LOW AEROBICS	9:00 AM	-	10:00 AM
KETTLEBELLS	10:30 AM	-	11:30 AM
YOGA	6:30 PM	-	7:30 PM
AEROBICS	7:45 PM	-	8:30 PM

WEDNESDAY

YOGA	11:00 AM	-	12:00 PM
PIYO	5:30 PM	-	6:15 PM
EVOLVE 45	6:30 PM	-	7:15 PM

THURSDAY

KEEP FIT LOW	9:30 AM	-	10:30 AM
EVOLVE 45	5:15 PM	-	6:00 PM
BUMS & TUMS	6:15 PM	-	7:00 PM
YOGA	7:30 PM	-	8:30 PM

FRIDAY

YOGA	11:00 AM	-	12:00 PM
METAFIT	5:30 PM	-	6:00 PM
AEROBICS	6:30 PM	-	7:15 PM

SATURDAY

EVOLVE 45	9:30 AM	-	10:15 AM
INSANITY 45	10:30 AM	-	11:15 AM
POWERPUMP	11:30 AM	-	12:15 PM

Greenock Road, Largs, KA30 8QL
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All times and classes are subject to change.