

The Penicuik Centre



Activity Studio
Tel: 01968 664 066

	06:30	07:00 - 08:00	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	21:00 - 22:00
Monday	CENTRE OPEN 09:00			MORNING YOGA 9.15-10:00	PILATES 10:00-11:00	FITNESS FUN 11:00-12:00		MAC SPIN 13:30-14:30					BODY BALANCE 18:15-19:00	BODY COMBAT 19:00-20:00	YOGA 20:00-21:00	
Tuesday				BODY BALANCE 9.30-10:30			** NHS MAC + REHAB					FAT BURN EXTREME 17.30-18:00	BUMS & TUMS 18:00-19:00	METAFIT 19:00-19:30	TRX 19:30-20:30	ABS 20:30-21:00
Wednesday	CENTRE OPEN 09:00			PILATES 09:15-10:15	PILATES 10:15-11:15		** NHS REHAB		● Please see note below 14:00 - 16:00					BODY PUMP 19:00-20:00	TRX 20:00-21:00	
Thursday		GYMTEDS 09:00-14:00								*KIC DANCE		FAT BURN EXTREME 17.30-18:00	KETTLEBELLS 18:00 -19:00	ZUMBA 19:00-20:00	PILATES 20:00-21:00	YOGA 21:00-22:00
Friday	CENTRE OPEN 09:00			STEP AND TONE 9.30-10:30	BODY CONDITIONING 10:30-11:30		PILATES 12:00-13:00		*KIC Dance						CENTRE CLOSED 20:00	
Saturday	CENTRE OPEN 09:00				ZUMBA 10.00 - 11.00			* Tae Kwon Do Ages 5+							CENTRE CLOSED 20:00	
Sunday	CENTRE OPEN 09:00			MSC 09:00-10:00	BODY BALANCE 10:00-11:00	BODY PUMP 11:05-12:05						● Please see note below 17:00 - 19:15			CENTRE CLOSED 20:00	

Timetable Issued: January 19

CLASS INFORMATION

Charges: (per hour)

Adult Conc.

◆ Creche:
.... Mon 09:30 - 11:35 am
.....Tue 09:30 - 11:35 am
.....Wed 09:30 - 11:35 am
..... Fri 09:30 - 11:35 am

Last Entry : GYM
Mon to Thu 21:00
Fri 19:00
Sat & Sun 19:00
Last Entry : HYDRO
as per Swim Pool Programme
● Staff Training 1st Wednesday 14:00-16:00 &
3rd Sunday of the month 17:00-19:00

If you have booked and cannot attend a class, please let the centre know as soon as possible.
All fitness class participants must register at reception prior to the class start time.
For Health & Safety reasons you will not be permitted into a class after the first 5 minutes from the start time. Customers & Instructors are not permitted to eat during classes.
We cannot guarantee the regular instructor will take the class, due to sickness and annual leave.
(* Private Let. Charge payable to class organiser(s)
Staff training in Activity Studio, 2nd Thursday in the month

Step/Kettlercise/ Circuits/Pump FX	£ 6.00	£ 4.10
BTS Classes	£6.70	£5.20
Aerobics/ Body Conditioning/ Pilates/ Yoga/ T.B.T/ Hearts/ Ab-Attack/Metafit	£ 6.00	£ 4.10

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CYCLE ZONE Studio Programme

	06:30	07:00 - 08:00	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	21:00 - 22:00	
Mon	CENTRE OPEN 09:00			Cycle Zone 9:30-10:15									Cycle Zone 17:30-18:15				
Tue													Cycle Zone 19:00-19:45	Cycle Zone 20:00-20:45			
Wed	CENTRE OPEN 09:00			Cycle Zone 9:30-10:15									Cycle Zone 19:00-19:45	Cycle Zone 20:15 - 21:00			
Thu																	
Fri	CENTRE OPEN 09:00			Cycle Zone 9:30-10:15											CENTRE CLOSED 20:00		
Sat	CENTRE OPEN 09:00															CENTRE CLOSED 20:00	
Sun	CENTRE OPEN 09:00			Cycle Zone 10:00-10:45											CENTRE CLOSED 20:00		

CYCLE ZONE Studio Last Entry : Mon to Thu 21:00 Fri 19:00 Sat & Sun 19:00

Charges:		Adult	Conc.
CYCLE ZONE (45 min Class)		£ 4.20	£ 2.93

GAMES HALL Programme

	06:30	07:00 - 08:00	08:00 - 09:00	09:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	21:00 - 22:00	
Mon	School Hall until 18:00																
Tue	School Hall until 18:00												PAYFC 18:00-19:00				
Wed	School Hall until 18:00												BODY BALANCE 18:00-19:00	BODY BALANCE 19:00-20:00			
Thu	School Hall until 18:00												BADMINTON CLUB 20:00-22:00				
Fri	School Hall until 15:00															CENTRE CLOSED 20:00	
Sat	CENTRE OPEN 09:00			BOX SOCCER 09:45 - 11:30	Available for Party bookings 12:00 - 17:45								CENTRE CLOSED 20:00				
Sun	CENTRE OPEN 09:00															CENTRE CLOSED 20:00	