

Loanhead Leisure Centre



DANCE STUDIO 1 (upstairs)
Tel: 0131 444 9033

	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
Monday				TBT 9:15 - 10:15 Jayne	Yogalates 10:30 - 11:30 Jayne	Pilates 11:45 - 12:45 Anne						PUMP FX 18:00- 19:00 Jo	STEP 19:15- 20:15 Jo		
Tuesday				Healthy Hearts 09:15 - 10:15 Jo	Yoga 10:30 - 11:30 Anne		Line Dancing 12:30 - 13:30 Vivian Ageingwell		New Age Kurling 13:45 - 15:15 Vivian Ageingwell			CIRCUIT 18:00- 19:00 Barry	TRX 19:15 - 20:00 Kay		
Wednesday				Pilates 9:15 - 10:15 Jayne	Step & Tone 10:30 - 11:30 Jo			Moves 4 U 14:15 - 15:15 Vivian				TBT 18:00- 19:00 Jules	STEP 19:15- 20:15 Jules		
Thursday				Healthy Hearts 09.15-10.15 Jo	Body Conditioning 10:30 - 11:30 Kay			● Please see note below 13:15 - 15:30		TAEKWON DO & TIGER CUBS Peter (*) 15:45-16:30 Tiger Cubs 3-5yrs 16:30-17:45 Taekwon Do 5yr+		YOGA 18:00 - 19:30 Wendy			
Friday				Pump FX 9:15 - 10:15 Jayne	TRX 10:25 - 10:55 Kay		MAC 12:00 - 13:00 Paige	MAC 13:00 - 14:00 Paige	Paige Available in gym for MAC 14:00-15:00						CENTRE CLOSED 20:00
Saturday	CENTRE OPEN 09:00			HIIT 09:10 - 09:40 Kay	TRX 09:40 - 10:25 Kay								CENTRE CLOSED 18:00		
Sunday	CENTRE OPEN 09:00			RIP 09:15- 10:15 Jules									CENTRE CLOSED 18:00		

Timetable Issued: 09/09/22 Issue 4

CLASS INFORMATION

Charges: (per hour) Adult Conc.

Last Entry : GYM (1 hour before close)
Monday to Thursday 20:00
Friday 19:00
Saturday & Sunday 17:00
For Pool & Hydro see Pool programme
● Staff Training 2nd Thursday of the month 13:15 - 15:30
& Last Saturday of the month 15:45

Last Entry : CYCLE ZONE (1 hour before close)
Monday to Thursday 20:00
Friday 19:00
Saturday & Sunday 17:00

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 Dance Studio 1, 2nd Thursday and last Saturday in the month.

Aqua Aerobics/ Body Conditioning/ Circuits/ Freestyle Aerobics/ Gentle Yoga/ Healthy Hearts/ Pilates/ Pump FX/ Step/ T.B.T/ WAR Metafit (30 min, 0.5 x hourly rate)	£ 6.00	£ 4.10
Yoga (Tuesday Evening) 1.5 hours	£ 9.00	£ 6.15
45 Minute classes HIIT, PiYO, TRX	£ 4.50	£ 3.10

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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
Mon					Barry 10:30-11:15							Rob 17:30-18:15			
Tue					Kay 10:30-11:15							Barry 17:10-17:55			
Wed				MAC 10:00-10:45	Paige							Rob 17:30-18:15	Disability 18:45-19:30	Rob	
Thu				Kay 09:30-10:15								Barry 17:30-18:15			
Fri					Kay 11:00-11:45										CENTRE CLOSED 20:00
Sat	CENTRE OPEN 09:00			Jules 09:15-10:00									CENTRE CLOSED 18:00		
Sun	CENTRE OPEN 09:00												CENTRE CLOSED 18:00		
CYCLE ZONE Studio Last Entry : Mon to Thu 20:00 Fri 19:00 Sat & Sun 17:00												Charges:		Adult	Conc.
												CYCLE ZONE (45 min Class)		£ 4.65	£ 3.25

Tonezone Gym: Teenzone - Monday 16:30 - 17:30 & Thursday 16:15 - 17:15 MAC - Friday 14:00 - 15:00

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
Mon	School Hall until 17:00												KARATE - Hamish (*) 17:45 - 20:15		
Tue	School Hall until 17:00												Badminton (on the hour)		
Wed	School Hall until 17:00												KARATE - Hamish (*) 17:45 - 20:15		
Thu	School Hall until 17:00												KARATE - Hamish (*) 17:45 - 20:15		
Fri	School Hall until 16:00											Badminton available to hire (on the hour)	CENTRE CLOSED 20:00		
Sat	CENTRE OPEN 09:00			"@" DANCE - Stephanie (*) 09:30 - 12:30			Available for Bouncy Fun Partys 13:30 - 17:00					CENTRE CLOSED 18:00			
Sun	CENTRE OPEN 09:00				Available for Bouncy Fun Partys 11:30 - 15:00					Badminton available to hire (on the hour 16:00 & 17:00)		CENTRE CLOSED 18:00			

DANCE STUDIO 2 (mirrors) 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
Mon	School Hall until 15:30														
Tue	School Hall until 15:30												Zumba Dance (*)18:00 - 19:00		
Wed	School Hall until 15:30												Active Schools Parkour 18:00 - 20:00		
Thu	School Hall until 15:30											ActiveSchools Dance 16:00 - 17:00			
Fri	School Hall until 12:30													CENTRE CLOSED 20:00	
Sat	CENTRE OPEN 09:00			"@" Dance 09:00 - 10:30		KARATE - Hamish (*) 11:30 - 16:15						CENTRE CLOSED 18:00			
Sun	CENTRE OPEN 09:00				KARATE - Hamish (*) 10:00 - 12:00							CENTRE CLOSED 18:00			