

Fit for Health

Fit for Health Class Timetable August 2024

Day	Time / Format	Venue	Instructor
Monday	11.15-12.15 – Gym	Leith Victoria Swim Centre (LVSC)	Dougie
Monday	13.00-14.00 - Studio	LVSC	Dougie
Monday	14.15-15.15 – Studio	LVSC	Dougie
Monday	15.30-16.30 - Studio	Craiglockhart Leisure & Tennis Centre (CLTC)	Shanice
Tuesday	9.30-10.30 - Gym	(CLTC)	Dougie
Tuesday	12.35-13.35 – Studio (Low)	CLTC	Dougie
Tuesday	13.45-14.45 – Studio	CLTC	Dougie
Tuesday	9.30-10.30 - Studio	Meggetland	Scott
Tuesday	10.30-11.30 - Gym	Ainslie Park Leisure Centre (APLC)	Amanda
Tuesday	13.45-14.45 – Studio	APLC	Amanda
Tuesday	15.00-16.00 – Studio	APLC	Amanda

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Day	Time / Format	Venue	Instructor
Wednesday	12.30-13.30 – Studio	Gracemount (GLC)	Lilly
Wednesday	13.45-14.45 - Studio	GLC	Lilly
Wednesday	15.00-16.00- Gym	GLC	Lilly
Wednesday	10.30-11.30 – Gym	Royal Commonwealth Pool (RCP)	Amanda
Wednesday	12.30-13.30 – Studio	RCP	Amanda
Wednesday	13.45-14.45 - Studio	RCP	Amanda
Wednesday	11.45-12.45 – Gym	Meadowbank Sports Centre (MSC)	Dougie
Wednesday	13.15-14.15 – Studio	MSC	Dougie
Wednesday	14.30-15.30 – Studio	MSC	Dougie
Thursday	10.00-11.00 – Gym	CLTC	Lilly
Thursday	11.15-12.15 – Studio	CLTC	Lilly
Thursday	13.00-14.00 - Studio	CLTC	Lilly

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Day	Time / Format	Venue	Instructor
Thursday	10.00-11.00 – Gym	Drumbrae Leisure Centre (DLC)	Amanda
Thursday	11.15-12.15 - Gym	DLC	Amanda
Thursday	14.00-15.00 – Studio	DLC	Amanda
Friday	13.00-14.00 – Studio	DLC	Shanice
Friday	10.30-11.30 – Gym	GLC	Lilly
Friday	12.30-13.30 – Studio	GLC	Lilly
Friday	13.45-14.45 – Studio	GLC	Lilly

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 healthier, safer Edinburgh

