

Turriff Swimming Pool & Sports Centre

MONDAY CLASSES

Cycle	09:30-10:15	Sports Hall	Turriff Sports Centre
Fit for Life	11:00-12:00	Sports Hall	Turriff Sports Centre
Zumba	17:30-18:15	Sports Hall	Turriff Sports Centre
Body Conditioning	18:15-19:00	Sports Hall	Turriff Sports Centre
Float Fit	18:40-19:10	Swimming Pool	Turriff Swimming Pool
MAX	19:00-19:30	Community Area	Turriff Gateway Centre
Aqua Fit	19:15-20:00	Swimming Pool	Turriff Swimming Pool

TUESDAY CLASSES

Circuits	09:30-10:15	Sports Hall	Turriff Sports Centre
Fit for Life Circuits	15:30-16:30	Sports Hall	Turriff Sports Centre
Abs / Core	19:00-19:45	Sports Hall	Turriff Sports Centre
Aqua Fit	19:00-19:45	Swimming Pool	Turriff Swimming Pool
Gentle Circuit	19:45-20:30	Sports Hall	Turriff Sports Centre

WEDNESDAY CLASSES

Kettlebells	09:15-10:00	Sports Hall	Turriff Sports Centre
Walking Netball	10:00-11:00	Sports Hall	Turriff Sports Centre
Over 50's	13:30-14:00	Sports Hall	Turriff Sports Centre
Float Fit	18:15-18:45	Swimming Pool	Turriff Swimming Pool
FBX	18:30-19:00	Community Area	Turriff Gateway Centre
Cycle	19:15-20:00	Sports Hall	Turriff Sports Centre
Bootcamp / Circuit	20:00-20:45	Sports Hall	Turriff Sports Centre

THURSDAY CLASSES

Pilates	09:30-10:15	Sports Hall	Turriff Sports Centre
Gentle Cycle	13:30-14:00	Sports Hall	Turriff Sports Centre
Toning	18:15-19:00	Sports Hall	Turriff Sports Centre
TRX	19:00-19:45	Sports Hall	Turriff Sports Centre

FRIDAY CLASSES

Bar / Toning	09:30-10:15	Sports Hall	Turriff Sports Centre
Gentle Aqua	12:45-13:30	Swimming Pool	Turriff Swimming Pool
Boxing	18:30-19:15	Sports Hall	Turriff Sports Centre
MAX	19:15-19:45	Sports Hall	Turriff Sports Centre

SATURDAY CLASSES

Body Conditioning	09:15-10:00	Sports Hall	Turriff Sports Centre
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SUNDAY CLASSES

Cycle	09:15-10:00	Sports Hall	Turriff Sports Centre
Pilates (Starts 3rd Feb)	10:15-11:00	Sports Hall	Turriff Sports Centre