



## Elgin High School Sports Centre

### Timetable

<b>Monday</b>	5.00pm -	9.30pm	Fitness Suite
	5.00pm -	6.00pm	Les Mills Body Combat
	6.00pm -	7.00pm	Les Mills Body Balance
	6.00pm -	9.30pm	Games Hall & Gymnasium
	6.00pm -	9.30pm	Astro Pitch
<b>Tuesday</b>	5.00pm -	9.30pm	Fitness Suite
	6.00pm -	9.30pm	Games Hall & Gymnasium
	6.00pm -	9.30pm	Astro Pitch
<b>Wednesday</b>	5.00pm -	9.30pm	Fitness Suite
	6.00pm -	7.00pm	Les Mills Body Pump
	6.00pm -	9.30pm	Games Hall & Gymnasium
	6.00pm -	9.30pm	Astro Pitch
<b>Thursday</b>	5.00pm -	9.30pm	Fitness Suite
	6.00pm -	9.30pm	Games Hall & Gymnasium
	6.00pm -	9.30pm	Astro Pitch
<b>Friday</b> (Tracey)	2.30pm -	9.30pm	Fitness Suite
	2.30pm -	9.30pm	Games Hall & Gymnasium
	2.30pm -	9.30pm	Astro Pitch
<b>Saturday</b>	9.00am -	12.30pm	Fitness Suite
	9.00am -	12.30pm	Games Hall & Gymnasium
	9.00am -	12.30pm	Astro Pitch

### Fitness Classes

**Les Mills Body Pump** – Full body weights workout – for anybody looking to get lean, toned and fit, fast

**Les Mills Body Combat** - Punch and kick your way to **fitness** with **BODY COMBAT**, an empowering martial arts workout with a mix of taekwondo, kung fu and more.

**Les Mill Body Balance** - Ideal for anyone and everyone, **BODYBALANCE** is a new generation yoga class that will improve your mind, your body and your life.

All Les Mills classes are free with FitLife card

The Fitness Suite is available for users who have completed an induction or self-induction. Please book your induction with the duty staff.

This timetable may be subject to change at short notice