

DISC	
<b>Monday</b>	
CBC Strength Circuits	17:30-18:15 18:15-19:00
<b>Tuesday</b>	
Body Pump Body Combat	17:15-18:00 18:15-19:00
<b>Wednesday</b>	
Body Combat CBC Endurance Body Pump RecNet Dance Fitness	17:30-18:15 17:30-18:15 18:20-19:05 19:00-20:30 19:15-20:00
<b>Thursday</b>	
Body Step Zumba	17:30-18:30 18:30-19:15
<b>Friday</b>	
Body Step	18:00-19:00
<b>Saturday</b>	
HIIT Body Pump	08:40-09:10 09:15-10:00
<b>Sunday</b>	
Circuits Legs, Bums & Tums Restore	09:30-10:15 10:15-11:00 11:00-11:45

MENZIESHILL	
<b>Monday</b>	
Zumba Legs, Bums & Tums Hatha Yoga	10:00-10:45 11:00-11:45 12:00-12:45
<b>Wednesday</b>	
Legs, Bums & Tums Zumba Aerobics	10:00-10:45 11:00-11:45 12:00-12:45
<b>Thursday</b>	
Vinyasa Flow Yoga	09:10-09:55
<b>Friday</b>	
Zumba Legs, Bums & Tums Pilates	09:00-09:45 10:00-10:45 11:00-11:45

DOUGLAS	
<b>Monday</b>	
Vinyasa Flow Yoga Wellbeing Strength Wellbeing Circuit Body Pump	08:30-09:15 09:30-10:15 11:00-12:00 18:00-19:00
<b>Tuesday</b>	
Aerobics Total Body Fit Wellbeing Circuit Wellbeing Circuit RPM Synrgy HIIT Core Body Balance	09:15-10:00 10:05-10:50 12:45-13:45 14:00-15:00 17:30-18:30 18:15-18:45 18:45-19:15 19:30-20:15
<b>Wednesday</b>	
Wellbeing Circuit Wellbeing Strength Body Pump	09:00-10:00 09:30-10:15 17:00-17:45
<b>Thursday</b>	
Fitness Pilates Wellbeing Strength Wellbeing Circuit Wellbeing Circuit Wellbeing Circuit Fit Camp Legs, Bums & Tums	08:45-09:30 09:30-10:15 11:00-12:00 12:45-13:45 14:00-15:00 17:35-18:15 18:15-19:00
<b>Friday</b>	
Wellbeing Strength Aerobics Body Combat Core RPM	08:45-09:30 09:15-10:00 16:15-17:00 17:15-17:45 18:00-19:00
<b>Saturday</b>	
Cardio Blast RPM	08:15-09:00 09:15-10:00
<b>Sunday</b>	
Body Pump Body Combat	16:00-16:45 17:00-17:45

OLYMPIA	
<b>Monday</b>	
Body Pump Good Boost AquaFit Pilates Good Boost AquaFit Body Step Power Yoga	06:15-07:00 11:00-12:00 12:05-12:50 12:15-13:00 13:00-14:00 14:10-15:10 18:00-19:00 19:00-19:45
<b>Tuesday</b>	
Hatha Yoga Gentle Yoga Power Swim Body Pump Body Combat Hatha Yoga	07:30-08:15 09:45-10:30 12:15-12:45 17:15-18:00 18:05-18:50 19:00-20:00
<b>Wednesday</b>	
Body Step Good Boost Good Boost Urban Moves Wellbeing Dance Aqua Zumba Wellbeing Circuit Body Attack Fitness Pilates AquaFit Hatha Yoga	06:30-07:30 10:00-11:00 11:15-12:15 11:30-12:30 13:15-14:00 16:00-17:00 17:15-18:00 18:05-18:50 18:30-19:15 19:00-20:00
<b>Thursday</b>	
Body Attack Wellbeing Circuit Full LIIT Aerobics Full TG HIIT Body Balance	06:30-07:15 09:00-10:00 10:00-10:30 18:00-18:45 18:45-19:15 19:00-19:45

OLYMPIA	
<b>Friday</b>	
Body Combat Body Balance Vinyasa Flow Yoga Power Swim Full HIIT Body Attack Pregnancy Yoga Hatha Yoga	06:15-07:00 11:30-12:15 12:30-13:15 12:30-13:00 16:00-16:30 17:00-17:45 18:00-18:45 19:00-20:00
<b>Saturday</b>	
Body Combat Vinyasa Flow Yoga	09:00-09:45 10:00-11:00
<b>Sunday</b>	
Body Step Body Attack	10:15-11:15 11:25-12:10

ST. PAUL'S	
<b>Monday</b>	
HIIT Legs, Bums & Tums	18:00-18:30 18:30-19:15
<b>Tuesday</b>	
Body Attack	18:00-18:55
<b>Thursday</b>	
Body Attack	18:00-18:45

GROVE	
<b>Tuesday</b>	
Kettlebell Fit	18:15-19:00
<b>Wednesday</b>	
Zumba Kettlebell Fit	18:00-18:45 19:00-19:45

LOCHEE	
<b>Monday</b>	
AquaFit	19:30-20:15
<b>Tuesday</b>	
AquaFit AquaFit	18:30-19:15 19:30-20:15

HARRIS	
<b>Monday</b>	
Zumba Restore	18:10-18:55 19:00-19:45
<b>Thursday</b>	
Barre Tone	18:00-18:45

RPC	
<b>Tuesday</b>	
Running Buddies	09:30-10:30
<b>Friday</b>	
Running Buddies	19:30-20:30

McTAGGART	
<b>Monday</b>	
Trampoline Adult	19:15-20:15

Please note that all programmes may be subject to change. Please contact each facility prior to visiting or check online for the most up-to-date timetable.  
[www.activedundee.co.uk/timetables](http://www.activedundee.co.uk/timetables)

All information correct at the time of circulation:  
**February 2025**

- Bring your own Kettlebell(s)
- New Classes / Time Changes