

Mercat Gait Centre

Preston Road, Prestonpans T 01875 815483



	CLASS	TIME	INTENSITY	COACH
MON	Spinning	7:40am - 8:25am	▶▶/▶▶▶	Leisure Staff
	Aqua-Fit	9:00am - 9:45am	☹ ▶▶	♥ Leisure Staff
	Spinning	6:00pm - 6:45pm	▶▶/▶▶▶	Leisure Staff
	Kettlebells	7:00pm - 7:45pm	▶▶	Leisure Staff
TUE	Kettlebells	7:40am - 8:25am	▶▶	Leisure Staff
	Spin Express	9:00am - 9:30am	▶▶▶	Leisure Staff
	Spin & Circuits	6:00pm - 7:00pm	▶▶/▶▶▶	Leisure Staff
	High Intensity	7:15pm - 8:00pm	▶▶▶	Leisure Staff
	Abs Blast	8:05pm - 8:25pm	▶▶	Leisure Staff
WED	Aqua-Fit	9:15am - 10:00am	▶▶	♥ Leisure Staff
	Booty & Abs Blast	10:00am - 10:45am	▶▶	Leisure Staff
	Kettlebells	6:00pm - 6:45pm	▶▶	Leisure Staff
	Spinning	7:00pm - 7:45pm	▶▶/▶▶▶	Leisure Staff
	Deep Water Aqua-Fit	8:00pm - 8:45pm	▶▶	Leisure Staff
THU	Body Suspension	7:40am - 8:20am	▶▶/▶▶▶	Leisure Staff
	High Intensity	9:30am - 10:15am	▶▶▶	Leisure Staff
	Booty & Abs Blast	6:00pm - 6:45pm	▶▶	Leisure Staff
	Boxercise	6:50pm - 7:50pm	▶▶▶	Leisure Staff
	Aqua-Fit (Ladies only)	8:00pm - 8:45pm	▶▶	♥ Leisure Staff
FRI	Spinning	7:40am - 8:25am	▶▶/▶▶▶	Leisure Staff
	Circuits	9:15am - 10:15am	☹ ▶▶▶	Leisure Staff
	Teen Fit Gym	2:00pm - 3:00pm		Leisure Staff
	Body Suspension	5:00pm - 5:40pm	▶▶▶	Leisure Staff
	Spinning	6:00pm - 6:45pm	▶▶/▶▶▶	Leisure Staff
SAT	Spin Circuits	9:30am - 10:30am	▶▶/▶▶▶	Leisure Staff

Class Descriptions can be found on page 14 & 15.

NB - Timetable may be subject to change.