

Group Fitness Timetable

Effective 3rd of December



Stirling Leisure Centres
SCARBOROUGH BEACH POOL

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sunrise Yoga Embrace the sunrise and enhance health and wellbeing through Vinyasa/Hatha yoga techniques, including posture, strength, breath awareness, relaxation, concentration and meditation.			06.00am				07.40am
MetaFIT A style of HIIT designed to boost your fitness in just 30 minutes. It creates a metabolic disturbance, this increases your resting metabolic rate and increases maximum fat burning.		6.00am					
BoxFit A high intensity boxing fitness circuit. Designed for improving fitness, speed, strength and muscle conditioning, suitable for all fitness levels. <i>Inner gloves required, available at reception.</i>	6.00am					7.30am	
Deep Blue Deep water class tailored to all fitness levels to strengthen and increase cardiovascular health with the weightlessness of water.		08.00am		09.00am			
Deep HIIT A 45 minute deep water high intensity class combining interval training and aquatic resistance for maximum fat-burning and metabolism-boosting benefits.	6.00am					8.00am	
HIIT the Sand 30 minute high intensity class combining interval training and resistance training for maximum fat-burning and fitness results					6.00am		

Classes are subject to change without notice. Please arrive 5mins prior to the class starting.