Cowdenbeath

Prepared: 14/Nov/26 03:02:24

Monday

Morning

Lane Swimming	6:00am - 12:00pm	Cowdenbeath	1 Lanes Main Pool
Public Swimming	6:00am - 12:00pm	Cowdenbeath	4 Lanes Main Pool
Bootcamp	6:30am - 7:15am	Cowdenbeath	
BodyPump	9:30am - 10:15am	Cowdenbeath	
Active Circuit	10:15am - 11:00am	Cowdenbeath	
Active Circuit	10:15am - 11:00am	Cowdenbeath	
RPM	10:30am - 11:15am	Cowdenbeath	
Restoritive Yoga	11:30am - 12:15pm	Cowdenbeath	

Afternoon

Restoritive Yoga	11:30am - 12:15pm	Cowdenbeath	
Lane Swimming	12:00pm - 3:00pm	Cowdenbeath	1 Lanes Main Pool
Public Swimming	12:00pm - 3:00pm	Cowdenbeath	4 Lanes Main Pool
Lane Swimming	3:00pm - 7:00pm	Cowdenbeath	2 Lanes Main Pool
Basketball	3:45pm - 4:45pm	Cowdenbeath	
High Intensity Interval Training	5:30pm - 6:00pm	Cowdenbeath	

Evening

Lane Swimming	3:00pm - 7:00pm	Cowdenbeath	2 Lanes Main Pool
Boxercise	6:05pm - 6:50pm	Cowdenbeath	
Strength Development	7:00pm - 7:45pm	Cowdenbeath	

Lane Swimming	7:00pm - 9:00pm	Cowdenbeath	1 Lanes Main Pool
RPM Express	8:00pm - 8:30pm	Cowdenbeath	
Public Swimming	9:00pm - 10:00pm	Cowdenbeath	Main Pool

Tuesday

Morning

Public Swimming	6:00am - 12:00pm	Cowdenbeath	4 Lanes Main Pool
Lane Swimming	6:00am - 10:00am	Cowdenbeath	1 Lanes Main Pool
Group Cycle	6:30am - 7:15am	Cowdenbeath	
Vinyasa Yoga	9:00am - 9:45am	Cowdenbeath	
Pickleball Social	9:30am - 11:30am	Cowdenbeath	
Yin Yoga	9:50am - 10:35am	Cowdenbeath	
Aqua Aerobics	10:00am - 10:45am	Cowdenbeath	
Lane Swimming	11:00am - 12:00pm	Cowdenbeath	1 Lanes Main Pool
Active Circuit	11:45am - 12:30pm	Cowdenbeath	

Afternoon

Active Circuit	11:45am - 12:30pm	Cowdenbeath	
Public Swimming	12:00pm - 3:00pm	Cowdenbeath	4 Lanes Main Pool
Lane Swimming	12:00pm - 3:00pm	Cowdenbeath	1 Lanes Main Pool
Active Circuit	12:00pm - 12:45pm	Cowdenbeath	
Musical Theatre Fitness	1:30pm - 2:15pm	Cowdenbeath	
Simply Stretch	2:20pm - 3:25pm	Cowdenbeath	
Freestyle Dance (Age3-5)	4:00pm - 4:45pm	Cowdenbeath	

Evening

Strength Development	6:00pm - 6:45pm	Cowdenbeath	
Group Cycle	7:00pm - 7:45pm	Cowdenbeath	

Lane Swimming	7:00pm - 9:00pm	Cowdenbeath	1 Lanes Main Pool
Public Swimming	9:00pm - 10:00pm	Cowdenbeath	Main Pool

Wednesday

Morning

Lane Swimming	6:00am - 9:00am	Cowdenbeath	1 Lanes Main Pool
Public Swimming	6:00am - 9:00am	Cowdenbeath	4 Lanes Main Pool
Public Swimming	8:00am - 9:30am	Cowdenbeath	5 Lanes Main Pool
Strength Development	9:30am - 10:15am	Cowdenbeath	
Aqua Aerobics	9:30am - 10:15am	Cowdenbeath	
Public Swimming	9:30am - 10:15am	Cowdenbeath	2 Lanes Main Pool
Public Swimming	10:15am - 12:00pm	Cowdenbeath	5 Lanes Main Pool
Senior Flex	10:30am - 11:15am	Cowdenbeath	

Afternoon

Public Swimming	3:00pm - 7:00pm	Cowdenbeath	2 Lanes Main Pool
Multi Sports (P1-7)	4:00pm - 5:00pm	Cowdenbeath	

Evening

Public Swimming	3:00pm - 7:00pm	Cowdenbeath	Main Pool
Shapes	6:00pm - 6:45pm	Cowdenbeath	
Pickleball Compete	6:00pm - 8:00pm	Cowdenbeath	
RPM	7:00pm - 7:45pm	Cowdenbeath	
Lane Swimming	7:00pm - 9:00pm	Cowdenbeath	1 Lanes Main Pool
Public Swimming	9:00pm - 10:00pm	Cowdenbeath	Main Pool

Thursday

Morning			
Public Swimming	6:00am - 9:30am	Cowdenbeath	4 Lanes Main Pool
Lane Swimming	6:00am - 9:30am	Cowdenbeath	1 Lanes Main Pool
Bootcamp	6:30am - 7:15am	Cowdenbeath	
Aqua Aerobics	9:30am - 10:15am	Cowdenbeath	
BodyPump	9:30am - 10:15am	Cowdenbeath	
Public Swimming	9:30am - 11:15am	Cowdenbeath	2 Lanes Main Pool
Pilates	10:30am - 11:15am	Cowdenbeath	
Active Aqua	10:30am - 11:15am	Cowdenbeath	
Active Aqua	10:30am - 11:15am	Cowdenbeath	
Walking Football	11:00am - 12:00pm	Cowdenbeath	
Walking Football	11:00am - 12:00pm	Cowdenbeath	
Walking Football	11:00am - 12:00pm	Cowdenbeath	
Public Swimming	11:15am - 12:00pm	Cowdenbeath	5 Lanes Main Pool
Active Strength and Balance	11:45am - 12:30pm	Cowdenbeath	
Active Strength and Balance	11:45am - 12:30pm	Cowdenbeath	
Afternoon			
Active Strength and Balance	11:45am - 12:30pm	Cowdenbeath	
Active Strength and Balance	11:45am - 12:30pm	Cowdenbeath	
Public Swimming	12:00pm - 2:00pm	Cowdenbeath	3 Lanes Main Pool
Active Strength and Balance	12:45pm - 1:30pm	Cowdenbeath	
Active Strength and Balance	12:45pm - 1:30pm	Cowdenbeath	
Public Swimming	2:00pm - 3:00pm	Cowdenbeath	5 Lanes Main Pool
Evening			
Boxercise	6:00pm - 6:45pm	Cowdenbeath	
Kettlebells	7:00pm - 7:45pm	Cowdenbeath	

Public Swimming	9:00pm - 10:00pm	Cowdenbeath	Main Pool
Public Swimming	9:00pm - 10:00pm	Cowdenbeath	Main Pool

Friday

Morning

Lane Swimming	6:00am - 12:00pm	Cowdenbeath	1 Lanes Main Pool
Public Swimming	6:00am - 12:00pm	Cowdenbeath	4 Lanes Main Pool
Public Swimming	6:00am - 12:00pm	Cowdenbeath	4 Lanes Main Pool
Lane Swimming	6:00am - 12:00pm	Cowdenbeath	1 Lanes Main Pool
Group Cycle	6:30am - 7:15am	Cowdenbeath	
BodyPUMP HEAVY	9:15am - 10:00am	Cowdenbeath	
Pilates	10:15am - 11:00am	Cowdenbeath	
Kettlebells	11:15am - 11:45am	Cowdenbeath	
Active Circuit	11:45am - 12:30pm	Cowdenbeath	
Active Circuit	11:45am - 12:30pm	Cowdenbeath	

Afternoon

Active Circuit	11:45am - 12:30pm	Cowdenbeath	
Active Circuit	11:45am - 12:30pm	Cowdenbeath	
Public Swimming	12:00pm - 1:00pm	Cowdenbeath	2 Lanes Main Pool
Public Swimming	12:00pm - 1:00pm	Cowdenbeath	2 Lanes Main Pool
Active Aqua	12:15pm - 1:00pm	Cowdenbeath	
Active Aqua	12:15pm - 1:00pm	Cowdenbeath	
Public Swimming	1:00pm - 5:00pm	Cowdenbeath	5 Lanes Main Pool
Public Swimming	1:00pm - 5:00pm	Cowdenbeath	5 Lanes Main Pool
Public Swimming	1:00pm - 5:00pm	Cowdenbeath	5 Lanes Main Pool

Lift30	5:30pm - 6:00pm	Cowdenbeath	

Evening

Pickleball Social	6:00pm - 8:00pm	Cowdenbeath	
Hatha Yoga	6:15pm - 7:00pm	Cowdenbeath	
Public Swimming	9:00pm - 10:00pm	Cowdenbeath	Main Pool
Public Swimming	9:00pm - 10:00pm	Cowdenbeath	Main Pool
Public Swimming	9:00pm - 10:00pm	Cowdenbeath	Main Pool

Saturday

Morning

Public Swimming	8:00am - 9:00am	Cowdenbeath	2 Lanes Main Pool
RPM	8:15am - 9:00am	Cowdenbeath	
Pickleball Compete	8:30am - 10:30am	Cowdenbeath	
Public Swimming	9:00am - 2:00pm	Cowdenbeath	
High Intensity Interval Training	9:15am - 9:45am	Cowdenbeath	
Strength Development	10:00am - 10:45am	Cowdenbeath	

Afternoon

Public Swimming	9:00am - 2:00pm	Cowdenbeath	
Public Swimming	1:15pm - 3:00pm	Cowdenbeath	2 Lanes Main Pool
Public Swimming	2:00pm - 3:00pm	Cowdenbeath	1 Lanes Main Pool
Pickleball Compete	5:00pm - 7:00pm	Cowdenbeath	

Evening

Pickleball Compete	5:00pm - 7:00pm	Cowdenbeath	

Sunday

Morning

Public Swimming	8:00am - 10:00am	Cowdenbeath	3 Lanes Main Pool
Public Swimming	8:00am - 10:00am	Cowdenbeath	3 Lanes Main Pool

Public Swimming	8:00am - 10:00am	Cowdenbeath	3 Lanes Main Pool
Bootcamp	8:30am - 9:15am	Cowdenbeath	
Musical Theatre Fitness	10:00am - 10:45am	Cowdenbeath	
Public Swimming	10:00am - 3:00pm	Cowdenbeath	5 Lanes Main Pool
Public Swimming	10:00am - 3:00pm	Cowdenbeath	5 Lanes Main Pool
Public Swimming	10:00am - 3:00pm	Cowdenbeath	5 Lanes Main Pool
Public Swimming	10:00am - 3:00pm	Cowdenbeath	5 Lanes Main Pool
Public Swimming	10:00am - 3:00pm	Cowdenbeath	5 Lanes Main Pool
Afternoon			
Public Swimming	10:00am - 3:00pm	Cowdenbeath	5 Lanes Main Pool
Public Swimming	10:00am - 3:00pm	Cowdenbeath	5 Lanes Main Pool
Public Swimming	10:00am - 3:00pm	Cowdenbeath	5 Lanes Main Pool
Public Swimming	10:00am - 3:00pm	Cowdenbeath	5 Lanes Main Pool
Public Swimming	10:00am - 3:00pm	Cowdenbeath	5 Lanes Main Pool
Pickleball Compete	1:00pm - 3:00pm	Cowdenbeath	
Evening			