Cupar

Prepared: 14/Nov/26 02:40:23

Monday

Morning

Lane Swimming	7:00am - 9:30am	Cupar	5 Lanes Pool
Active Strength and Balance	9:15am - 10:00am	Cupar	
Active Strength and Balance	9:15am - 10:00am	Cupar	
Aqua Aerobics	9:30am - 10:15am	Cupar	
Public Swimming	9:30am - 10:15am	Cupar	Deep End Only Lanes Pool
Active Gym	10:00am - 10:45am	Cupar	
Active Gym	10:00am - 10:45am	Cupar	
Pilates	10:30am - 11:15am	Cupar	
Aqua Aerobics	10:30am - 11:15am	Cupar	
Public Swimming	10:30am - 11:15am	Cupar	Deep End Only Lanes Pool
Active Gym	11:00am - 11:45am	Cupar	
Active Gym	11:00am - 11:45am	Cupar	
Public Swimming	11:15am - 7:30pm	Cupar	
Body Conditioning	11:30am - 12:15pm	Cupar	

Afternoon

Public Swimming	11:15am - 7:30pm	Cupar	
Body Conditioning	11:30am - 12:15pm	Cupar	
Active Gym	12:00pm - 12:45pm	Cupar	
Active Gym	12:00pm - 12:45pm	Cupar	
Active Gym	1:00pm - 1:45pm	Cupar	
Active Gym	1:00pm - 1:45pm	Cupar	

Active Circuit	2:30pm - 3:15pm	Cupar	
Active Circuit	2:30pm - 3:15pm	Cupar	
Run, Jump, Throw	4:00pm - 5:00pm	Cupar	
Run Jump Throw	4:30pm - 5:30pm	Cupar	
Evening			
Public Swimming	11:15am - 7:30pm	Cupar	Pool
Low Impact Aerobics	7:00pm - 7:45pm	Cupar	

Tuesday

Morning			
Lane Swimming	7:00am - 9:30am	Cupar	5 Lanes Pool
Public Swimming	9:30am - 11:00am	Cupar	
Active Circuit	9:30am - 10:15am	Cupar	
Active Circuit	9:30am - 10:15am	Cupar	
Tot Kickers	10:15am - 11:00am	Cupar	
Afternoon			
Aqua Aerobics	2:30pm - 3:15pm	Cupar	
Junior Multi-Sports	5:45pm - 6:45pm	Cupar	
Evening			
Junior Multi-Sports	5:45pm - 6:45pm	Cupar	
Yoga	6:00pm - 7:00pm	Cupar	
Lane Swimming	6:45pm - 8:15pm	Cupar	2 Lanes Pool
Public Swimming	8:15pm - 10:00pm	Cupar	Pool

Wednesday

Morning			
Lane Swimming	7:00am - 9:30am	Cupar	5 Lanes Pool
Pilates	9:15am - 10:00am	Cupar	
Public Swimming	9:30am - 10:30am	Cupar	Deep End Only Lanes Pool

Public Swimming	10:30am - 6:30pm	Cupar	
Pickleball Social	10:30am - 12:30pm	Cupar	
Afternoon			
Public Swimming	10:30am - 6:30pm	Cupar	
Pickleball Social	10:30am - 12:30pm	Cupar	
Aqua Aerobics	12:15pm - 1:00pm	Cupar	
Evening			
Public Swimming	10:30am - 6:30pm	Cupar	Pool
Lane Swimming	6:30pm - 9:00pm	Cupar	1 Lanes Pool
Pickleball Social	6:30pm - 8:00pm	Cupar	
Public Swimming	9:00pm - 10:00pm	Cupar	Pool

Thursday

Morning			
Lane Swimming	7:00am - 9:30am	Cupar	5 Lanes Pool
Low Impact Aerobics	9:00am - 9:45am	Cupar	
Public Swimming	9:30am - 11:00am	Cupar	
Active Circuit	10:00am - 10:45am	Cupar	
Active Circuit	10:00am - 10:45am	Cupar	
Active Circuit	11:00am - 11:45am	Cupar	
Active Circuit	11:00am - 11:45am	Cupar	
Afternoon			
Active Circuit	12:00pm - 12:45pm	Cupar	
Active Circuit	12:00pm - 12:45pm	Cupar	
Public Swimming	2:30pm - 6:00pm	Cupar	
Evening			
Kettlebells	6:00pm - 6:45pm	Cupar	
Pilates	7:00pm - 7:45pm	Cupar	
Lane Swimming	7:00pm - 8:00pm	Cupar	1 Lanes Pool

Public Swimming	8:00pm - 9:00pm	Cupar	Pool
Public Swimming	9:00pm - 10:00pm	Cupar	Pool

Friday

Morning

Lane Swimming	7:00am - 9:30am	Cupar	5 Lanes Pool
Pilates	9:15am - 10:00am	Cupar	
Aqua Aerobics	9:30am - 10:15am	Cupar	
Public Swimming	9:30am - 10:30am	Cupar	Deep End Only Lanes Pool
Public Swimming	10:30am - 6:30pm	Cupar	

Afternoon

Public Swimming	10:30am - 6:30pm	Cupar	

Evening

Public Swimming	10:30am - 6:30pm	Cupar	Pool

Saturday

Morning

Afternoon

Public Swimming	1:00pm - 3:00pm	Cupar	

Evening

Sunday

Morning

Lane Swimming	8:00am - 10:00am	Cupar	3 Lanes Pool
Public Swimming	10:00am - 12:00pm	Cupar	2 Lanes Pool

Afternoon

Public Swimming	12:00pm - 1:30pm	Cupar	Full Pool Lanes Pool
Public Swimming	1:30pm - 3:00pm	Cupar	

Evening