Dalgety Bay

Prepared: 14/Nov/26 02:38:55

Monday

Morning

Yoga	8:00am - 8:45am	Dalgety Bay
Qi Gong	8:50am - 9:35am	Dalgety Bay
Rise Gymnastics Tots	9:15am - 10:00am	Dalgety Bay
Group Cycle	9:30am - 10:15am	Dalgety Bay
Rise Gymnastics Tots	10:00am - 10:45am	Dalgety Bay
Body Conditioning	10:30am - 11:15am	Dalgety Bay
Rise Gymnastics Discover	10:45am - 11:30am	Dalgety Bay
Active Circuit	11:40am - 12:25pm	Dalgety Bay
Active Circuit	11:40am - 12:25pm	Dalgety Bay

Afternoon

Active Circuit	11:40am - 12:25pm	Dalgety Bay
Active Circuit	11:40am - 12:25pm	Dalgety Bay
Active Circuit	1:45pm - 2:30pm	Dalgety Bay
Active Circuit	1:45pm - 2:30pm	Dalgety Bay
Active Strength and Balance	2:45pm - 1:30pm	Dalgety Bay
Active Strength and Balance	2:45pm - 1:30pm	Dalgety Bay
Rise Gymnastics Discover	3:30pm - 4:15pm	Dalgety Bay
Junior Multi-Sports	4:00pm - 5:00pm	Dalgety Bay
Rise Gymnastics Explore	4:30pm - 5:30pm	Dalgety Bay
Rise Gymnastics Explore	5:30pm - 6:30pm	Dalgety Bay

Evening

Rise Gymnastics Explore	5:30pm - 6:30pm	Dalgety Bay

Group Cycle	6:00pm - 6:45pm	Dalgety Bay
Rise Gymnastics Explore	6:30pm - 7:30pm	Dalgety Bay
Lift45	7:00pm - 7:45pm	Dalgety Bay
BoxFit	8:00pm - 8:45pm	Dalgety Bay
Stretch and Flow	8:00pm - 8:45pm	Dalgety Bay
Pickleball Social	8:30pm - 10:00pm	Dalgety Bay

Tuesday

Morning

Pilates	8:30am - 9:15am	Dalgety Bay
Body Conditioning	9:30am - 10:15am	Dalgety Bay
Pilates	9:30am - 10:15am	Dalgety Bay
49ers - Short Tennis	9:30am - 11:00am	Dalgety Bay
Pilates	10:30am - 11:15am	Dalgety Bay
Active Strength and Balance	10:30am - 11:15am	Dalgety Bay
Active Strength and Balance	10:30am - 11:15am	Dalgety Bay

Afternoon

Run Jump Throw	3:45pm - 4:45pm	Dalgety Bay

Evening

Low Impact Interval Training	6:00pm - 6:45pm	Dalgety Bay
Step	7:00pm - 7:45pm	Dalgety Bay
Power Yoga	7:15pm - 7:45pm	Dalgety Bay
Yin Yoga	8:00pm - 8:45pm	Dalgety Bay
Pickleball Social	8:00pm - 9:30pm	Dalgety Bay

Wednesday

Morning

Rise Gymnastics Tots	9:15am - 10:00am	Dalgety Bay
Yoga	9:30am - 10:15am	Dalgety Bay
Group Cycle	9:30am - 10:15am	Dalgety Bay

Rise Gymnastics Tots	10:00am - 10:45am	Dalgety Bay
Yin Yoga	10:20am - 11:05am	Dalgety Bay
Rise Gymnastics Discover	10:45am - 11:30am	Dalgety Bay
Afternoon		
Rise Gymnastics Discover	3:30pm - 4:15pm	Dalgety Bay
Active Strength and Balance	3:30pm - 2:15pm	Dalgety Bay
Active Strength and Balance	3:30pm - 2:15pm	Dalgety Bay
Rise Gymnastics Explore	4:30pm - 5:30pm	Dalgety Bay
Rise Gymnastics Explore	5:30pm - 6:30pm	Dalgety Bay
Evening		
Rise Gymnastics Explore	5:30pm - 6:30pm	Dalgety Bay
Group Cycle	6:00pm - 6:45pm	Dalgety Bay
Lift45	7:00pm - 7:45pm	Dalgety Bay
BoxFit	8:00pm - 8:45pm	Dalgety Bay

Thursday

Morning		
Yoga	9:30am - 10:15am	Dalgety Bay
Yin Yoga	10:30am - 11:15am	Dalgety Bay
Active Circuit	10:30am - 11:15am	Dalgety Bay
Active Circuit	10:30am - 11:15am	Dalgety Bay
Afternoon		
Rise Gymnastics Discover	3:30pm - 4:15pm	Dalgety Bay
Rise Gymnastics Explore	4:30pm - 5:30pm	Dalgety Bay
Mini Kickers	4:30pm - 5:15pm	Dalgety Bay
Junior Football	5:15pm - 6:15pm	Dalgety Bay
Rise Gymnastics Explore	5:30pm - 6:30pm	Dalgety Bay
Evening		
Junior Football	5:15pm - 6:15pm	Dalgety Bay

Rise Gymnastics Explore	5:30pm - 6:30pm	Dalgety Bay
Group Cycle	6:00pm - 6:30pm	Dalgety Bay
Rise Gymnastics Excel	6:30pm - 7:30pm	Dalgety Bay
Pilates and Barre Flow	6:45pm - 7:30pm	Dalgety Bay
Gymnastics	7:30pm - 8:30pm	Dalgety Bay
Pickleball Social	8:00pm - 9:30pm	Dalgety Bay

Friday

Morning

Hatha Yoga	8:00am - 8:45am	Dalgety Bay
Step	9:30am - 10:15am	Dalgety Bay
Walking Football	10:00am - 11:00am	Dalgety Bay
Pickleball Social	10:00am - 11:30am	Dalgety Bay
Pilates Flow	10:30am - 11:15am	Dalgety Bay
Active Circuit	10:30am - 11:15am	Dalgety Bay
Active Circuit	10:30am - 11:15am	Dalgety Bay
Pickleball Social	11:30am - 1:00pm	Dalgety Bay

Afternoon

Pickleball Social	11:30am - 1:00pm	Dalgety Bay
Junior Tennis	4:00pm - 5:00pm	Dalgety Bay
Group Cycle	5:30pm - 6:00pm	Dalgety Bay

Evening

Saturday

Morning

Freestyle Dance	9:50am - 10:35am	Dalgety Bay
Pilates Flow	10:30am - 11:15am	Dalgety Bay
Freestyle Dance	10:40am - 11:40am	Dalgety Bay

Afternoon

Evening

Sunday

Morning

Bootcamp	9:00am - 10:00am	Dalgety Bay
Lift45	10:00am - 10:45am	Dalgety Bay
Stretch and Flow	11:00am - 11:45am	Dalgety Bay

Afternoon

Evening