Kirkcaldy

Prepared: 14/Nov/26 03:27:49

Monday

Morning

High Intensity Interval Training	6:10am - 6:40am	Kirkcaldy	
Lane Swimming	6:30am - 8:00am	Kirkcaldy	6 Lanes Main Pool
Hatha Yoga	7:00am - 7:45am	Kirkcaldy	
Public Swimming	8:00am - 5:00pm	Kirkcaldy	3 Lanes Main Pool
Lane Swimming	8:00am - 5:00pm	Kirkcaldy	3 Lanes Main Pool
Yoga	9:30am - 10:15am	Kirkcaldy	
Senior Flex	10:35am - 11:20am	Kirkcaldy	
Aqua Aerobics	11:35am - 12:20pm	Kirkcaldy	

Afternoon

Public Swimming	8:00am - 5:00pm	Kirkcaldy	3 Lanes Main Pool
Lane Swimming	8:00am - 5:00pm	Kirkcaldy	3 Lanes Main Pool
Aqua Aerobics	11:35am - 12:20pm	Kirkcaldy	
Active Circuit	12:00pm - 12:45pm	Kirkcaldy	
Active Circuit	12:00pm - 12:45pm	Kirkcaldy	
Aqua Aerobics	12:25pm - 1:10pm	Kirkcaldy	
Active Hydro	1:15pm - 2:00pm	Kirkcaldy	
Active Hydro	1:15pm - 2:00pm	Kirkcaldy	
Public Swimming	2:30pm - 3:15pm	Kirkcaldy	4 Lanes Training Pool
Lane Swimming	5:00pm - 8:30pm	Kirkcaldy	2 Lanes Main Pool

Evening			
Lane Swimming	5:00pm - 8:30pm	Kirkcaldy	2 Lanes Main Pool
Circuits	6:00pm - 6:45pm	Kirkcaldy	
BoxFit	6:50pm - 7:35pm	Kirkcaldy	
Public Swimming	7:30pm - 8:00pm	Kirkcaldy	Training Pool
Strength Development	7:45pm - 8:30pm	Kirkcaldy	
Lane Swimming	8:30pm - 10:00pm	Kirkcaldy	6 Lanes Main Pool

Tuesday

Morning			
Lane Swimming	6:30am - 8:00am	Kirkcaldy	6 Lanes Main Pool
Functional Fitness	6:45am - 7:30am	Kirkcaldy	
Lane Swimming	8:00am - 4:00pm	Kirkcaldy	3 Lanes Main Pool
Public Swimming	8:00am - 4:00pm	Kirkcaldy	3 Lanes Main Pool
Tums, Bums & Thighs	9:30am - 10:15am	Kirkcaldy	
Rise Gymnastics Discover	9:45am - 10:30am	Kirkcaldy	
Rise Gymnastics Tots	10:30am - 11:15am	Kirkcaldy	
Active Circuit	10:45am - 11:30am	Kirkcaldy	
Active Circuit	10:45am - 11:30am	Kirkcaldy	
Rise Gymnastics Tots	11:15am - 12:00pm	Kirkcaldy	
Pilates	11:45am - 12:30pm	Kirkcaldy	
Active Gym	11:45am - 12:30pm	Kirkcaldy	
Active Gym	11:45am - 12:30pm	Kirkcaldy	
Afternoon			
Lane Swimming	8:00am - 4:00pm	Kirkcaldy	3 Lanes Main Pool
Public Swimming	8:00am - 4:00pm	Kirkcaldy	3 Lanes Main Pool

Pilates	11:45am - 12:30pm	Kirkcaldy	
Active Gym	11:45am - 12:30pm	Kirkcaldy	
Active Gym	11:45am - 12:30pm	Kirkcaldy	
Active Circuit	12:45pm - 1:30pm	Kirkcaldy	
Active Circuit	12:45pm - 1:30pm	Kirkcaldy	
Rise Gymnastics Discover	1:30pm - 2:15pm	Kirkcaldy	
Aqua Aerobics	1:30pm - 2:15pm	Kirkcaldy	
Active Strength and Balance	2:15pm - 3:00pm	Kirkcaldy	
Active Strength and Balance	2:15pm - 3:00pm	Kirkcaldy	
Public Swimming	2:30pm - 3:15pm	Kirkcaldy	4 Lanes Training Pool
Rise Gymnastics Explore	3:30pm - 4:30pm	Kirkcaldy	
Public Swimming	4:00pm - 5:00pm	Kirkcaldy	4 Lanes Main Pool
Rise Gymnastics Excel	4:30pm - 5:30pm	Kirkcaldy	
Junior Gym	4:30pm - 5:15pm	Kirkcaldy	
Lane Swimming	5:00pm - 8:00pm	Kirkcaldy	2 Lanes Main Pool
Evening			
Lane Swimming	5:00pm - 8:00pm	Kirkcaldy	2 Lanes Main Pool
BodyCombat	6:00pm - 6:45pm	Kirkcaldy	
BodyPump	7:00pm - 8:00pm	Kirkcaldy	
Lane Swimming	8:00pm - 9:30pm	Kirkcaldy	3 Lanes Main Pool
Lane Swimming	9:30pm - 10:00pm	Kirkcaldy	6 Lanes Main Pool

Wednesday

Morning			
Strength Development	6:30am - 7:15am	Kirkcaldy	
Lane Swimming	6:30am - 8:00am	Kirkcaldy	6 Lanes Main Pool

Lane Swimming	8:00am - 6:00pm	Kirkcaldy	3 Lanes Main Pool
Public Swimming	8:00am - 6:00pm	Kirkcaldy	3 Lanes Main Pool
Public Swimming	10:00am - 11:00am	Kirkcaldy	4 Lanes Training Pool
Active Circuit	10:00am - 10:45am	Kirkcaldy	
Active Gym	11:00am - 12:00pm	Kirkcaldy	
Aqua Aerobics	11:15am - 12:00pm	Kirkcaldy	
Afternoon			
Lane Swimming	8:00am - 6:00pm	Kirkcaldy	3 Lanes Main Pool
Public Swimming	8:00am - 6:00pm	Kirkcaldy	3 Lanes Main Pool
Public Swimming	12:00pm - 12:45pm	Kirkcaldy	4 Lanes Training Pool
Active Strength and Balance	12:00pm - 1:00pm	Kirkcaldy	
Active Gym	12:30pm - 1:30pm	Kirkcaldy	
Active Gym	12:30pm - 1:30pm	Kirkcaldy	
Evening			
HIIT Step and Core	6:00pm - 6:45pm	Kirkcaldy	
Lane Swimming	6:00pm - 8:00pm	Kirkcaldy	2 Lanes Main Pool
BodyPump	7:00pm - 7:45pm	Kirkcaldy	
Lane Swimming	8:00pm - 10:00pm	Kirkcaldy	6 Lanes Main Pool

Thursday

Morning			
Lane Swimming	6:30am - 8:00am	Kirkcaldy	6 Lanes Main Pool
Functional Fitness	6:45am - 7:30am	Kirkcaldy	
Lane Swimming	8:00am - 5:00pm	Kirkcaldy	3 Lanes Main Pool

Public Swimming	8:00am - 5:00pm	Kirkcaldy	3 Lanes Main Pool
Shapes	9:30am - 10:15am	Kirkcaldy	
Public Swimming	10:00am - 11:00am	Kirkcaldy	4 Lanes Training Pool
Senior Flex	10:30am - 11:15am	Kirkcaldy	
Aqua Aerobics	11:40am - 12:25pm	Kirkcaldy	
Afternoon			
Lane Swimming	8:00am - 5:00pm	Kirkcaldy	3 Lanes Main Pool
Public Swimming	8:00am - 5:00pm	Kirkcaldy	3 Lanes Main Pool
Aqua Aerobics	11:40am - 12:25pm	Kirkcaldy	
Public Swimming	12:45pm - 3:15pm	Kirkcaldy	4 Lanes Training Pool
Aqua Aerobics	1:00pm - 2:15pm	Kirkcaldy	
Junior Multi-Sports	4:00pm - 5:00pm	Kirkcaldy	
Junior Gym	4:30pm - 5:15pm	Kirkcaldy	
BodyCombat	5:00pm - 5:45pm	Kirkcaldy	
Lane Swimming	5:00pm - 7:00pm	Kirkcaldy	2 Lanes Main Pool
Evening			
Lane Swimming	5:00pm - 7:00pm	Kirkcaldy	2 Lanes Main Pool
BoxFit	6:00pm - 6:45pm	Kirkcaldy	
Core Blast	6:45pm - 7:15pm	Kirkcaldy	
Lane Swimming	7:00pm - 8:00pm	Kirkcaldy	2 Lanes Training Pool
Lane Swimming	8:00pm - 9:00pm	Kirkcaldy	4 Lanes Main Pool
Lane Swimming	9:00pm - 9:00pm	Kirkcaldy	6 Lanes Main Pool

Friday

Morning

Kettlebells	6:30am - 7:00am	Kirkcaldy	
Lane Swimming	6:30am - 8:00am	Kirkcaldy	6 Lanes Main Pool
Public Swimming	8:00am - 11:00am	Kirkcaldy	3 Lanes Main Pool
Lane Swimming	8:00am - 6:00pm	Kirkcaldy	3 Lanes Main Pool
Pilates	9:30am - 10:00am	Kirkcaldy	
Public Swimming	10:00am - 11:00am	Kirkcaldy	4 Lanes Training Pool
Pickleball Social	10:00am - 12:00pm	Kirkcaldy	
Chair Pilates	10:30am - 11:15am	Kirkcaldy	
Public Swimming	11:00am - 12:30pm	Kirkcaldy	2 Lanes Main Pool
Yin Yoga	11:10am - 11:55am	Kirkcaldy	
Aqua Zumba	11:30am - 12:15pm	Kirkcaldy	

Afternoon

Lane Swimming	8:00am - 6:00pm	Kirkcaldy	3 Lanes Main Pool
Public Swimming	11:00am - 12:30pm	Kirkcaldy	2 Lanes Main Pool
Aqua Zumba	11:30am - 12:15pm	Kirkcaldy	
Public Swimming	12:15pm - 12:45pm	Kirkcaldy	4 Lanes Training Pool
Aqua Aerobics	1:00pm - 1:45pm	Kirkcaldy	
Public Swimming	2:00pm - 5:30pm	Kirkcaldy	4 Lanes Training Pool
BodyPump	5:00pm - 5:45pm	Kirkcaldy	

Evening

HIIT Step and Core	6:00pm - 6:45pm	Kirkcaldy	
Lane Swimming	6:00pm - 9:30pm	Kirkcaldy	2 Lanes Main Pool

Pilates	7:00pm - 7:45pm	Kirkcaldy	
Lane Swimming	9:30pm - 10:00pm	Kirkcaldy	6 Lanes Main Pool

Saturday

Morning

Lane Swimming	8:00am - 3:30pm	Kirkcaldy	3 Lanes Main Pool
Bootcamp	8:15am - 9:00am	Kirkcaldy	
Junior Football	9:00am - 10:00am	Kirkcaldy	
Public Swimming	9:00am - 3:30pm	Kirkcaldy	3 Lanes Main Pool
Body Conditioning	9:15am - 10:15am	Kirkcaldy	
Mini Kickers	10:00am - 10:45am	Kirkcaldy	
Tot Kickers	10:45am - 11:30am	Kirkcaldy	

Afternoon

Lane Swimming	8:00am - 3:30pm	Kirkcaldy	3 Lanes Main Pool
Public Swimming	9:00am - 3:30pm	Kirkcaldy	3 Lanes Main Pool
Public Swimming	1:00pm - 4:00pm	Kirkcaldy	4 Lanes Training Pool
Lane Swimming	3:30pm - 4:00pm	Kirkcaldy	2 Lanes Main Pool

Evening

Sunday

Morning

Lane Swimming	8:00am - 10:00am	Kirkcaldy	2 Lanes Main Pool
Bootcamp	10:00am - 10:45am	Kirkcaldy	
Public Swimming	10:00am - 2:30pm	Kirkcaldy	4 Lanes Training Pool
Public Swimming	10:00am - 2:30pm	Kirkcaldy	3 Lanes Main Pool

Pickleball Social	10:30am - 12:30pm	Kirkcaldy	
Lane Swimming	11:00am - 12:30pm	Kirkcaldy	3 Lanes Main Pool
Afternoon			
Public Swimming	10:00am - 2:30pm	Kirkcaldy	4 Lanes Training Pool
Public Swimming	10:00am - 2:30pm	Kirkcaldy	3 Lanes Main Pool
Pickleball Social	10:30am - 12:30pm	Kirkcaldy	
Lane Swimming	11:00am - 12:30pm	Kirkcaldy	3 Lanes Main Pool
Junior Gym	12:00pm - 12:45pm	Kirkcaldy	
Evening			