

Lochbroom Leisure Dry Side Timetable

09/01/2012 to 10/02/2012

	MORNING		AFTERNOON				EVENING				
MONDAY	09:00 - 12:00 Schools		12:00 - 17:00 Schools				17:00 - 18:00 Public Use	18:00 - 19:00 Body Balance	19:15 - 20:00 Zumba Age 12+	20:00 - 22:00 Public Use	
TUESDAY	09:00 - 12:00 Schools		12:00 - 14:00 Schools	14:00 - 15:00 Bouncy Castle Age 5 & Under	15:00 - 16:00 Public Use	16:00 - 17:00 Gym Club Age 5 - 8	17:00 - 18:00 Gym Club Age 9 - 14	18:00 - 19:00 Running Club Age 14+	18:30 - 19:30 Body Pump Age 14+	19:00 - 20:00 Public Use	20:00 - 22:00 Adult Badminton Age 14+
WEDNESDAY	09:00 - 12:00 Schools		12:00 - 17:00 Schools				17:00 - 18:00 Basketball Age 8 - 14	18:00 - 18:45 Zumba Age 12+	19:00 - 20:00 Spinning Age 14+	19:00 - 22:00 Public Use	
THURSDAY	09:00 - 12:00 Schools		12:00 - 17:00 Schools			16:30 - 18:00 Move It To Lose It Weigh In	17:00 - 18:00 Public Use	18:00 - 20:00 Martial Arts School	19:00 - 20:00 Trim Teens Age 13 - 15	20:00 - 22:00 Public Use	
FRIDAY	09:00 - 12:00 Schools		12:00 - 12:45 Schools	12:45 - 13:30 Body Balance	13:30 - 17:00 Schools		17:00 - 18:00 Football Age 5 - 9	18:00 - 19:00 Football Age 10 - 12	19:00 - 20:00 Football Age 13+	20:00 - 22:00 Public Use	
SATURDAY		10:00 - 11:00 Public Use	11:00 - 12:00 Family Fun	12:00 - 14:00 Public Use	14:00 - 15:00 Family Fun	15:00 - 18:00 Public Use					
SUNDAY		10:00 - 11:00 Public Use	11:00 - 12:00 Family Fun	12:00 - 18:00 Public Use							