



Elgin High School Sports Centre

Timetable from Monday 15th April 2024

Monday	5.00pm -	9.30pm	Fitness Suite
	5.30pm -	6.30pm	Fit Class - Full Body Blast
	6.00pm -	9.30pm	Games Hall & Gymnasium
	6.00pm -	9.30pm	Astro Pitch
Tuesday	5.00pm -	9.30pm	Fitness Suite
	6.00pm -	9.30pm	Games Hall & Gymnasium
	6.00pm -	9.30pm	Astro Pitch
Wednesday	5.00pm -	9.30pm	Fitness Suite
	6.00pm -	7.00pm	Fit Class - Pump Circuit
	6.00pm -	9.30pm	Games Hall & Gymnasium
	6.00pm -	9.30pm	Astro Pitch
Thursday	5.00pm -	9.30pm	Fitness Suite
	6.00pm -	9.30pm	Games Hall & Gymnasium
	6.00pm -	9.30pm	Astro Pitch
Friday (Tracey)	2.30pm -	9.30pm	Fitness Suite
	2.30pm -	9.30pm	Games Hall & Gymnasium
	2.30pm -	9.30pm	Astro Pitch
Saturday	9.00am -	12.30pm	Fitness Suite
	9.00am -	12.30pm	Games Hall & Gymnasium
	9.00am -	12.30pm	Astro Pitch

Fitness Classes

**** Fit Classes are free with your Fit Life Card ****

Full Body Blast – A full body workout, with a combination of cardio and weight - based exercises, working all areas of the body. Building cardiovascular endurance alongside strengthening and toning specific muscle groups. Helps build and maintain overall health. Protects and supports the body to help prevent injury, and also aiding with coordination, balance and boosting strength and endurance. Being the fittest strongest version of YOU. Not just physically but mentally too. Suitable for all levels.

Pump Circuit – Full body weights workout – for anybody looking to get lean, toned and fit, fast

The Fitness Suite is available for users who have completed an induction or self-induction. Please book your induction with the duty staff.

This timetable may be subject to change at short notice