

Class Timetable

Live Active Loch Leven

Accurate as of 22/09/2026

Times for Monday 14 September			
Time	Session	Facility	
07:15 - 07:45	Spin Express	Live Active Loch Leven	
09:30 - 10:15	HIIT	Live Active Loch Leven	
09:45 - 10:45	Supported Gym Session	Live Active Loch Leven	
11:00 - 12:00	Social Circuits	Live Active Loch Leven	
12:30 - 13:15	Aqua Circuits	Live Active Loch Leven	
13:30 - 14:15	Aqua Circuits	Live Active Loch Leven	
17:30 - 18:00	Spin Express	Live Active Loch Leven	
18:15 - 19:00	Total Body Workout	Loch Leven Community Campus	
19:15 - 19:45	Core	Loch Leven Community Campus	