

Class Timetable

Live Active Loch Leven

Accurate as of 22/09/2026

Times for Friday 18 September

Time	Session	Facility
07:15 - 07:45	Spin Express	Live Active Loch Leven
09:30 - 10:15	Circuits	Live Active Loch Leven
09:45 - 10:45	Supported Gym Session	Live Active Loch Leven
10:20 - 10:50	Core	Live Active Loch Leven
11:00 - 12:00	Social Circuits	Live Active Loch Leven
12:15 - 13:00	Aqua Circuits	Live Active Loch Leven
17:30 - 18:00	Spin Express	Live Active Loch Leven
18:15 - 19:00	Dance aerobics	Loch Leven Community Campus