

Class Timetable

Live Active Loch Leven

Accurate as of 21/09/2026

Times for Wednesday 23 September			
Time	Session	Facility	
09:45 - 10:45	Supported Gym Session	Live Active Loch Leven	
11:00 - 11:45	Total Body Workout	Live Active Loch Leven	
11:00 - 12:00	Social Circuits	Live Active Loch Leven	
12:00 - 12:45	Yoga	Live Active Loch Leven	
13:00 - 13:45	Aqua Circuits	Live Active Loch Leven	
17:45 - 18:15	Spin Express	Live Active Loch Leven	
18:30 - 19:15	Dance aerobics	Loch Leven Community Campus	
19:30 - 20:30	Pilates	Loch Leven Community Campus	
20:15 - 21:00	Aqua Circuits	Live Active Loch Leven	