

Group Fitness Timetable

September 2025 Edition

activedundee.co.uk

DISC	
Monday	
CBC Strength	17:30-18:15
Circuits	18:15-19:00
Tuesday	
Body Pump	17:15-18:00
Body Combat	18:15-19:00
Wednesday	
Body Combat	17:30-18:15
CBC Endurance	17:30-18:15
Body Pump	18:20-19:05
RecNet	19:00-20:30
Dance Fitness	19:15-20:00
Thursday	
Body Step	17:30-18:30
Zumba	18:30-19:15
Saturday	
HIIT	08:40-09:10
Body Pump	09:15-10:00
Sunday	
Circuits	09:30-10:15
Legs, Bums & Tums	10:15-11:00
Restore	11:00-11:45

ST. PAUL'S	
Monday	
HIIT	18:00-18:30
Legs, Bums & Tums	18:30-19:15
Tuesday	
Body Attack	18:00-18:55

LOCHEE	
Tuesday	
AquaFit	18:30-19:15
AquaFit	19:30-20:15

MENZIESHILL	
Monday	
Zumba	10:00-10:45
Legs, Bums & Tums	11:00-11:45
Hatha Yoga	12:00-12:45
Wednesday	
Legs, Bums & Tums	09:15-10:00
Zumba	10:10-10:55
Aerobics	11:00-11:45
Thursday	
Vinyasa Flow Yoga	09:10-09:55
Friday	
Zumba	09:00-09:45
Legs, Bums & Tums	10:00-10:45
Pilates	11:00-11:45

RPC	
Monday	
Hyrox Engine	18:00-18:45
Tuesday	
Hyrox Beginner	19:00-19:45
Wednesday	
Hyrox Power	18:00-18:45
Thursday	
Hyrox Power	19:00-19:45
Hyrun (indoor)	19:00-20:00
Hyrox Complete	20:00-20:45
Friday	
Hyrox Engine	18:00-18:45
Hyrun (outdoor)	18:00-19:00
Hyrox Complete	19:00-19:45
Saturday	
Hyrox complete	10:00-10:45
Hyrox Beginner	13:00-13:45

McTAGGART	
Monday	
Trampoline Adult	19:15-20:15

DOUGLAS	
Monday	
Vinyasa Flow Yoga	08:30-09:15
Wellbeing Strength	09:30-10:15
Wellbeing Circuit	11:00-12:00
Body Pump	18:00-19:00
Tuesday	
Aerobics	09:15-10:00
Total Body Fit	10:05-10:50
Wellbeing Circuit	12:45-13:45
Wellbeing Circuit	14:00-15:00
RPM	17:30-18:30
Synrgy HIIT	18:15-18:45
Core	18:45-19:15
Body Balance	19:30-20:15
Wednesday	
Wellbeing Circuit	09:00-10:00
Wellbeing Strength	09:30-10:15
Body Pump	17:00-17:45
Thursday	
Fitness Pilates	08:45-09:30
Wellbeing Strength	09:30-10:15
Wellbeing Circuit	11:00-12:00
Wellbeing Circuit	12:45-13:45
Wellbeing Circuit	14:00-15:00
Fit Camp	17:35-18:15
Legs, Bums & Tums	18:15-19:00
Friday	
Wellbeing Strength	08:45-09:30
Aerobics	09:15-10:00
Body Combat	16:15-17:00
Core	17:15-17:45
RPM	18:00-19:00
Saturday	
Cardio Blast	08:15-09:00
RPM	09:15-10:00
Sunday	
Body Pump	16:00-16:45
Body Combat	17:00-17:45

OLYMPIA	
Monday	
Body Pump	06:15-07:00
Good Boost	11:00-12:00
AquaFit	12:05-12:50
Pilates	12:15-13:00
Good Boost	13:00-14:00
AquaFit	14:10-15:10
Body Step	18:00-19:00
Power Yoga	19:00-19:45
Tuesday	
Hatha Yoga	07:30-08:15
Gentle Yoga	09:45-10:30
Power Swim	12:15-12:45
Body Pump	17:15-18:00
Body Combat	18:05-18:50
Hatha Yoga	19:00-20:00
Wednesday	
Body Step	06:30-07:30
Good Boost	10:00-11:00
Good Boost	11:00-12:00
Urban Moves Wellbeing Dance	11:30-12:30
Aqua Zumba	12:15-13:00
Wellbeing Circuit	16:00-17:00
Body Attack	17:15-18:00
Fitness Pilates	18:05-18:50
AquaFit	18:30-19:15
Hatha Yoga	19:00-20:00
Thursday	
Body Attack	06:30-07:15
Wellbeing Circuit	09:00-10:00
Full LIIT	10:00-10:30
Full TG HIIT	18:45-19:15
Body Pump	18:30-19:15
Body Balance	19:20-20:05
Friday	
Body Combat	06:15-07:00
Body Balance	11:30-12:15
Vinyasa Flow Yoga	12:30-13:15
Power Swim	12:30-13:00
Full HIIT	16:00-16:30
Body Attack	17:00-17:45
Pregnancy Yoga	18:00-18:45
Hatha Yoga	19:00-20:00

OLYMPIA	
Saturday	
Body Combat	09:00-09:45
Vinyasa Flow Yoga	10:00-11:00
Sunday	
Body Step	10:15-11:15

GROVE	
Tuesday	
Kettlebell Fit	18:15-19:00
Wednesday	
Zumba	18:00-18:45
Kettlebell Fit	19:00-19:45

HARRIS	
Monday	
Zumba	18:10-18:55
Restore	19:00-19:45
Thursday	
Barre Tone	18:00-18:45



Please note that all programmes may be subject to change. Please contact each facility prior to visiting or check online for the most up-to-date timetable.

www.activedundee.co.uk/timetables

All information correct at the time of circulation:
September 2025

- Bring your own Kettlebell(s)
- New Classes / Time Changes

Part of
leisure & culture DUNDEE