



# Live Active Blairgowrie Fitness Gym Timetable

Monday 21st October to  
Friday 20th December 2019

live active  
**Fitness**

## Changing Room Availability

Due to school usage of the facilities our changing room availability may be restricted during the day. Please take this into consideration prior to your visit.

Our fitness gym is fully equipped with Matrix CV equipment and Life Fitness resistance equipment.



### Fitness Gym Public Availability

**Monday** 07:00 - 12:00  
14:00 - 16:00  
17:00 - 22:00

**Friday** 09:00 - 09:45  
12:05 - 12:45  
14:45 - 22:00

**Tuesday** 09:00 - 16:00  
17:00 - 22:00

**Saturday** 09:00 - 20:00

**Wednesday** 07:00 - 16:00  
16:45 - 22:00

**Sunday** 09:00 - 22:00

**Thursday** 09:00 - 12:45  
13:45 - 16:00  
17:00 - 22:00

A Live Active Leisure gym induction must be completed before using the fitness gym. Children under the age of 16 must be accompanied by an adult at all times with a ratio of two under 16's to one adult.

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 [www.liveactive.co.uk](http://www.liveactive.co.uk) 

