

How to Book

Let us help you keep fit and get into shape.

Classes can be booked online at:

www.south-ayrshire.gov.uk/leisure-bookings/

or by calling the Citadel reception on **01292 269793**.

Participants may turn up on the day but are not guaranteed a space.

Non-members classes or activities

All non-member bookings whether it be for a class or an activity will have to be paid for at the time of booking. This can be done in person at the reception or over the phone.

Gift Vouchers

Gift vouchers for South Ayrshire's fantastic facilities at Citadel Leisure Centre, Troon Pool, Maybole Pool and Prestwick Pool are available now and can be purchased from reception at any of these facilities or by email to leisure.bookings@south-ayrshire.gov.uk. With a newly refurbished gym at Troon alongside the already excellent facilities at the other centres there has never been a better time to give one of our gift vouchers as a present.

Please note gift vouchers are only available at and valid for Citadel Leisure centre, Troon Pool, Prestwick Pool and Maybole Pool.



Sports & Leisure Class Timetable



Sports & Leisure South Ayrshire

Citadel Leisure Centre
South Harbour Street
Ayr
KA7 1JB
Tel: 01292 269793
Email: leisure.bookings@south-ayrshire.gov.uk



Day	Activity	Start	Finish	Site
Monday	Express Cycling	07:15	07:45	Citadel
	Express Synergy	07:45	08:15	Citadel
	Pilates	09:15	10:00	Citadel
	Pilates	10:00	10:45	Citadel
	Aqua Fit	11:00	11:45	Troon Pool
	Tai Chi	11:00	12:00	Citadel
	Float Fit	12:30	13:00	Citadel
	Float Fit	13:00	13:30	Citadel
	Fit Camp Gold	14:00	15:00	Citadel
	Barbell Conditioning	17:00	18:00	Citadel
	Yoga	17:30	19:00	Citadel
	Studio Cycling	18:00	18:45	Citadel
	Studio Cycling	19:00	19:45	Citadel
	Aqua Fit	19:30	20:15	Prestwick Pool
Circuits	19:00	20:00	Citadel	
Body Flow	18:00	18:45	Citadel	
Yoga	19:00	20:30	Citadel	
Dance Fit	19:15	20:00	Citadel	
Express Conditioning	20:00	20:30	Citadel	
Tuesday	Express Cycling	07:15	07:45	Citadel
	Yoga	09:30	11:00	Citadel
	Fit Camp Gold	10:30	11:15	Citadel
	Yoga	11:15	12:45	Citadel
	Aqua Fit	10:30	11:15	Prestwick Pool
	Aqua Fit	11:15	12:00	Prestwick Pool
	Pilates	11:45	12:30	Citadel
	Express Cycling	12:00	12:30	Citadel
	Express Synergy	12:45	13:15	Citadel
	Express Cycling	17:00	17:30	Citadel
	Kid's Fitness 5-11	17:00	17:30	Citadel
	Aerobics	18:00	18:45	Citadel

Day	Activity	Start	Finish	Site
Tuesday	Studio Cycling	18:30	19:15	Citadel
	Body Tone	19:00	19:45	Citadel
	Aqua Fit	19:30	20:15	Troon Pool
	Barbell Conditioning	18:30	19:30	Citadel
	Float Fit	19:30	20:00	Citadel
	Express Core	19:30	20:00	Citadel
	Float Fit	20:00	20:30	Citadel
	Express Kettlebells	20:00	20:30	Citadel
Wednesday	Express Cycling	07:15	07:45	Citadel
	Aqua Fit	11:00	11:45	Troon Pool
	Aqua Fit	11:00	11:45	Citadel
	Pilates	11:30	12:15	Citadel
	Stretch & Relax	12:30	13:15	Citadel
	Express Synergy	12:30	13:00	Citadel
	Fit Camp Gold	13:30	14:15	Citadel
	Functional X	17:00	18:00	Citadel
	Yoga	17:30	19:00	Citadel
	Strength Boot Camp	18:00	19:00	Citadel
	Studio Cycling	18:00	18:45	Citadel
	Studio Cycling	19:00	19:45	Citadel
Float Fit	18:15	18:45	Citadel	
Float Fit	18:45	19:15	Citadel	
Aquafit	19:15	20:00	Citadel	
Circuits	19:00	20:00	Citadel	
Yoga	19:00	20:30	Citadel	
WAR	20:00	21:00	Citadel	
Thursday	Express Cycling	07:15	08:00	Citadel
	Aqua Fit	10:15	11:00	Citadel
	Express Synergy	12:00	12:30	Citadel
	Fit Camp Gold	13:15	14:00	Citadel
	Aqua Fit	12:15	13:00	Prestwick Pool
	Pilates	13:00	13:45	Citadel
	Yoga	14:30	16:00	Citadel
	Dance Fit	14:00	14:45	Citadel
	Studio Cycling	17:00	17:45	Citadel
	Body Flow	17:00	18:00	Citadel

Day	Activity	Start	Finish	Site
Thursday	Aqua Fit	18:30	19:15	Troon Pool
	Bootcamp	18:00	19:00	Citadel
	Aerobics	18:00	18:45	Citadel
	Stretch & Core	18:00	18:45	Citadel
	Teen Fitness 12-16	19:00	19:45	Citadel
	Aquafit Deep Water	19:15	20:00	Troon Pool
	Barbell Conditioning	19:00	19:45	Citadel
	Aquafit	19:00	19:45	Citadel
Studio Cycling	20:00	20:45	Citadel	
Friday	Express Cycling	07:15	08:00	Citadel
	Pilates	09:15	10:00	Citadel
	Pilates	10:00	10:45	Citadel
	Express Cycling	10:00	10:30	Citadel
	Aerobics	10:45	11:30	Citadel
	Studio Cycling	12:15	13:00	Citadel
	Express Core	11:30	12:00	Citadel
	Express Synergy	14:30	15:00	Citadel
	Express Kettlebells	17:00	17:30	Citadel
	Express Conditioning	17:30	18:00	Citadel
War	18:00	19:00	Citadel	
Dance Fit	19:15	20:00	Citadel	
Studio Cycling	19:00	19:45	Citadel	
Saturday	Studio Cycling	09:00	09:45	Citadel
	Express Conditioning	09:45	10:15	Citadel
	Strength Boot Camp	10:15	11:00	Citadel
	Float Fit	11:00	11:30	Citadel
	Float Fit	11:30	12:00	Citadel
	Stretch & Relax	12:15	13:00	Citadel
Sunday	Express Kettlebells	09:00	09:30	Citadel
	Express Conditioning	09:30	10:00	Citadel
	Box Fit	10:00	11:00	Citadel



Phone: 01292 269793
 E-mail: leisure.Bookings@south-ayrshire.gov.uk
 www.facebook.com/sportandleisuresouthayrshire