



DALMAHOY
HOTEL & COUNTRY CLUB

Fitness Class Timetable

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>LEVEL</u>
<u>MONDAY</u>			
0930am-1030am	Body Attack	Claire	All
1030am-1130am	Bums/Tums/Thighs	Claire	All
1130am-1230am	Yoga	Fiona	All
1815pm-1900pm	Spinning	Gary	All
1900pm-2000pm	Body Pump	Jim	All
2000pm-2100pm	Body Balance	Jim	All
<u>TUESDAY</u>			
0930am-1030am	Body Pump	Gary	All
0900am-0945am	Aqua-Fit	Lynne	All
1030am-1130am	Pilates	Emma	All
1130am-1230pm	Fitsteps	Gillian	All
1815pm-1900pm	Body Pump	Gary	All
1900pm-2000pm	Body Combat	Gary	All
<u>WEDNESDAY</u>			
0930am-1030am	Body Attack	Claire	All
1030am-1130am	Body Pump	Claire	All
1745pm-1830pm	Pilates	Annemarie	All
1830pm-1900pm	Metafit	Sarah	All
1830pm-1915pm	BootCamp	Gary/Christina	All
1900pm-1945pm	Body Attack	Sarah	All
1915pm-2000pm	Aqua-Fit	Annemarie	All
1945pm-2030pm	Body Pump	Sarah	All
<u>THURSDAY</u>			
0930am-1030am	Body Combat	Gary	All
1045am-1130am	Move 'n' Tone	Claire	All
1130am-1215pm	Aqua-Fit	Lynne	All
1230pm-1330pm	Pilates	Judith	All
1815pm-1900pm	Spinning	Annemarie	All
1900pm-2000pm	Pilates	Annemarie	All
2000pm-2100pm	Body Combat	Sarah	All
<u>FRIDAY</u>			
0930am-1030am	Bums/Tums/Thighs	Claire	All
1030am-1130am	Yogalates	Fiona	All
1130am-12.15pm	Zumba	Louise	All
1815pm-1915pm	Body Pump	Gillian	All
<u>SATURDAY</u>			
0900am-1000am	Pilates	Annemarie	All
1000am-1100am	Body Attack	Claire	All
1100am-1200pm	Fit Kids (5-9 yrs)	Claire	All
<u>SUNDAY</u>			
1000am-1045am	Body Combat	Gary	All
1045am-1130am	Body Pump	Gary	All

Classes may change without prior notice

Classes may be booked 10 days in advance. Call 0131 335 8010 to reserve your place