

FITNESS TIMETABLE - AUTUMN/WINTER 2019

FITNESS & WELLBEING CLASS TIMETABLE

MONDAY Time Class	TUESDAY Time Class	WEDNESDAY Time Class	THURSDAY Time Class	FRIDAY Time Class	SATURDAY Time Class	SUNDAY Time Class
06.30 HIIT	09.00 Power Abs	06.30 HIIT	09.30 BODYCOMBAT	06.30 HIIT	8.00 Yoga Infusion	09.30 BODYCOMBAT •
09.00 Power Abs	09.00 AQUA	09.00 Power Abs	10.30 BTT •	09.00 Power Abs	08.45 Pilates	10.15 BODYPUMP •
09.30 BODYATTACK	09.30 BODYPUMP	09.30 BODYATTACK	11.30 AQUA	09.30 BTT	09.30 Pilates	11.00 GAZCAMP •
10.30 BTT	10.00 AQUA	10.30 BODYPUMP •	13.00 Pilates	10.20 Yoga	10.15 BODYATTACK	
18.15 Spin	10.15 Pilates	17.15 Express Yoga	18.15 Spin •	11.30 Zumba		
19.30 BODYPUMP •	11.00 Pilates •	17.45 Pilates	19.00 Pilates			
20.00 BODYBALANCE	11.45 FitSteps	18.30 BODYATTACK	20.00 Circuits		All members will receive online login details to book classes online once they join.	
	18.00 Power Abs	19.30 BODYPUMP •				
	18.30 BODYPUMP •	19.30 AQUA				
	19.15 BODYCOMBAT					
					• 45 minute class	

CLASS	DESCRIPTION	INTENSITY
AQUA	Cardio	Medium
BODYATTACK	Cardio	High
BODYBALANCE	Mind & Body	Medium
BODYCOMBAT	Cardio	High
BODYPUMP	Conditioning	High
BTT	Conditioning	Medium
Circuits	Cardio	High
FitSteps	Dance	Medium

CLASS	DESCRIPTION	INTENSITY
GAZCAMP	Cardio	High
HIIT	Cardio	High
PAD's	Conditioning	High
Pilates	Mind & Body	Medium
Power Abs	Conditioning	Medium
Spin	Cardio	High
Yoga	Mind & Body	Medium
Zumba	Dance	Medium



DALMAHOY
HOTEL & COUNTRY CLUB
EDINBURGH

Book your class online or call the club on **0131 335 8010** or email: leisure@dalmahoyhotelandcountryclub.co.uk