

FITNESS TIMETABLE - JANUARY/MARCH 2020

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	08.00 • Yoga Infusion	09.30 • BODYCOMBAT
09.00 Power Abs	09.00 • AQUA	09.00 Power Abs	10.30 • BTT	08.45 • Sh'Bam*	08.45 • Pilates	10.15 • BODYPUMP
09.30 BODYATTACK	09.30 • BODYPUMP	09.30 BODYATTACK	11.30 • AQUA	09.00 Power Abs	09.30 • Pilates	11.00 • GAZCAMP
10.30 BTT	10.00 • AQUA	10.30 • BODYPUMP	13.00 Pilates	09.30 • BTT	10.15 • BODYATTACK	
11.30 • Dance Fusion	10.15 • Pilates	17.15 Express Yoga	18.15 • Spin	10.20 Yoga		
18.15 Spin	11.00 • Pilates	17.45 • Pilates	19.00 Pilates	11.30 Zumba		
19.00 BODYPUMP	11.45 • FitSteps	18.30 • BODYATTACK	20.00 • Circuits		All members will receive online login details to book classes online once they join.	
20.00 BODYBALANCE	18.00 Power Abs	19.30 • BODYPUMP		*Class starts 7 th Feb		
	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
Dance Fusion	Dance	Low/Medium
FitSteps	Dance	Medium

CLASS	DESCRIPTION	INTENSITY
GAZCAMP	Cardio	High
HIIT	Cardio	High
PAD's	Conditioning	High
Pilates	Mind & Body	Medium
Power Abs	Conditioning	Medium
Sh'Bam	Dance	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