

FITNESS CLASS TIMETABLE



MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
Start	Class	Instructor	Start	Class	Instructor	Start	Class	Instructor	Start	Class	Instructor
6.30-7.15am	HIT	Gary Joss	9.00-9.45am	Aqua (from Oct)	Lynne Stewart Cover - Gill Welch	6.30-7.15am	HIT	Gary Joss			
9.00-9.45am	Power Abs	Gary Joss	9.30-10.15am	Body Pump	Gary Joss	9.00-9.45am	Power Abs	Gary Joss	9.30-10.15am	Body Combat	Claire Hay
10.00-10.45am	Body Attack	Claire Hay	10.00-10.45am	Aqua (from Oct)	Lynne Stewart	10.00-10.45am	Body Attack	Claire Hay	10.30-11.15am	Body Pump	Claire Hay
11.00-11.45am	BTT	Claire Hay				11.00-11.45am	Body Pump	Claire Hay	11.00-11.45am	Aqua (from Oct)	Lynne Stewart
12.00-12.45pm	Dance Fusion (from Oct)	Lynne Stewart	11.00-11.45am	Core, Conditioning & Flexibility	Claire Hay	5.15-6.00pm	Express Yoga	Anne Marie Crozier	1.00-1.45pm	Pilates	Gill Welch
			12.00-12.45pm	Pilates	Judith Sansom	6.15-7.00pm	Pilates	Anne Marie Crozier	5.00-5.45pm	Pilates	Anne Marie Crozier
			1.30-2.15pm	Zumba	Angela Gillies				6.00-6.45pm	HIT	Cath Buchan
6.00-6.45pm	Spin (from wk comm 21st Sep)	Gillian Hentges	6.30-7.15pm	Body Pump	Gary Joss				7.00-7.45pm	Balance	Cath Buchan
7.00-7.45pm	Body Pump	Jim Shields	7.30-8.15pm	Body Combat	Gary Joss	7.00-7.45pm	Aqua	Gill Welch			
8.00-8.45pm	Body Balance	Jim Shields				7.15-8.00pm	Body Attack	Claire Paterson			
						8.15pm	Body Pump (TBC)	Yvonne Furneaux			
FRIDAY			SATURDAY			SUNDAY			NOTES:		
Start	Class	Instructor	Start	Class	Instructor	Start	Class	Instructor	TO BOOK: Book online via Intelligent Golf, call 0131 335 8010 from Mon 7th Sep, or email leisure@dalmahoyhotelandcountryclub.co.uk PLEASE NOTE: Due to Dance Studio currently being used as a second gymnasium area, all fitness classes will take place in the Dalmahoys Suite for the foreseeable future. If the Dalmahoys Suite is in use for another event, classes will be held in the Lothian Room in the main hotel.		
6.30-7.15am	HIT	Gary Joss	8.00-8.45am	Yoga Infusion	Anne Marie Crozier	9.30-10.15am	Bodycombat	Gary Joss			
8.45-9.30am	Sh'Bam	Gary Joss	9.00-9.45am	Pilates	Anne Marie Crozier	10.15-11.30am	Bodypump	Gary Joss			
9.45am	BTT	Claire Hay	10.00-10.45am	Pilates	Anne Marie Crozier	11.45-12.30pm	GazCamp	Gary Joss			
			11.00-11.45am	Body Attack	Claire Hay						