



DALMAHOY
HOTEL & COUNTRY CLUB
EDINBURGH

OUTDOOR CLASS TIMETABLE

MONDAY 26TH APRIL - SUNDAY 16TH MAY

Monday

Class	Time	Instructor
Sha'Bam	9.30am	Gary
Yoga	10.30am	Annemarie
Bootcamp	6.30pm	Gary

Tuesday

Class	Time	Instructor
Cardio	10.00am	Claire
BTT	10.45am	Claire
Bootcamp	6.30pm	Gary
Body Combat	7.30pm	Gary

Wednesday

Class	Time	Instructor
Body Combat	9.30am	Gary
Power Abs	10.30am	Gary
HIT Step	6.30am	Gary
Bootcamp	7.30am	Gary

Thursday

Class	Time	Instructor
Cardio	10.00am	Claire
BTT	10.45am	Claire
HIT Step	6.30pm	Gary
Body Combat	7.30pm	Gary

Friday

Class	Time	Instructor
Sha'Bam	9.30am	Gary

Saturday

Class	Time	Instructor
Pilates	9.30am	Annemarie

Sunday

Class	Time	Instructor
Body Combat	9.30am	Gary
HIT Step	10.30am	Gary
Bootcamp	11.30am	Gary

Pre-booking required.
WWW.DALMAHOY.CO.UK