



DALMAHOY
HOTEL & COUNTRY CLUB
EDINBURGH

CLASS TIMETABLE

FROM 1ST SEPTEMBER

Monday

Class	Time	Instructor
HIT	6.30am - 7.15am	Gary Joss
Power Abs	9am - 9.30am	Gary Joss
Body Attack	9.45am - 10.30am	Claire Hay
BTT	10.45am - 11.30am	Claire Hay
Dance Fusion	12pm - 12.45pm	Lynne Stewart
Body Attack	6pm - 6.45pm	Ashleigh McLeod
Body Pump	7pm - 7.45pm	Jim Shields
Body Balance	8pm - 8.45pm	Jim Shields

Wednesday

Class	Time	Instructor
HIT	6.30am - 7.15am	Gary Joss
Power Abs	9am - 9.30am	Gary Joss
Body Attack	9.45am - 10.30am	Claire Hay
Body Pump	10.45am - 11.30am	Claire Hay
Express Yoga	5.15pm - 6pm	Annemarie Crozier
Pilates	6.15pm - 7pm	Annemarie Crozier
Aqua	7pm - 7.45pm	Gill Welch
Body Pump	7.15pm - 8pm	Yvonne Furneaux

Friday

Class	Time	Instructor
HIT	6.30am - 7.15am	Gary Joss
Sha-Bam	8.45am - 9.30am	Gary Joss
BTT	9.45am - 10.30am	Claire Hay
Body Pump	5.15pm - 6pm	Gillian Hentges
Body Balance	6.15pm - 7pm	Gillian Hentges

Sunday

Class	Time	Instructor
Body Combat	9.30am - 10.15am	Gary Joss
Body Pump	10.30am - 11.15am	Gary Joss
Gaz Camp	11.30am - 12.15pm	Gary Joss

Tuesday

Class	Time	Instructor
Aqua	9am - 9.45am	Lynne Stewart
Body Pump	9.30am - 10.15am	Gary Joss
Aqua	10am - 10.45am	Lynne Stewart
Core Conditioning	10.30am - 11.15am	Claire Hay
Pilates	12pm - 12.45pm	Judith Sansom
Zumba	1.30pm - 2.15pm	Angela Gillies
Spin	5.30pm - 6.15pm	Gary Joss
Body Pump	6.30pm - 7.15pm	Gary Joss
Body Combat	7.30pm - 8.15pm	Gary Joss

Thursday

Class	Time	Instructor
Body Combat	9.30am - 10.15am	Claire Hay
BTT	10.30am - 11.15am	Claire Hay
Aqua	11am - 11.45am	Lynne Stewart
Pilates	1pm - 1.45pm	Gill Welch
Pilates	5pm - 5.45pm	Annemarie Crozier
Spin	6pm - 6.45pm	Claire Hay
Core Strength & Flexibility	7pm - 7.45pm	Claire Hay
Circuits	8pm - 8.45pm	Gary Joss

Saturday

Class	Time	Instructor
Yoga Infusion	8am - 8.45am	Annemarie Crozier
Pilates	9am - 9.45am	Annemarie Crozier
Pilates	10am - 10.45am	Annemarie Crozier
Body Attack	11am - 11.45am	Claire Hay

ALL SESSIONS TO BE
PRE-BOOKED VIA INTELLIGENT GOLF
OR WITH A MEMBER OF THE TEAM.