

Monday

Class	Time	Instructor
HIIT	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

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

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	Jane Tarrant
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

Friday

Class	Time	Instructor
HIIT	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

Wednesday

Class	Time	Instructor
HIIT	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

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

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	Garv Joss



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