

# FITNESS TIMETABLE - WINTER/SPRING 2019

## FITNESS & WELLBEING CLASS TIMETABLE

### MONDAY

Time Class

06.30 HIIT

09.00 Sh'Bam \*New\*

09.30 BODYATTACK

10.30 BTT

18.15 Spin

19.00 BODYPUMP

20.00 BODYBALANCE

### TUESDAY

Time Class

09.00 Power Abs

09.00 AQUA

09.30 BODYPUMP

10.00 AQUA

10.30 Pilates

11.30 FitSteps

18.00 Power Abs

18.30 BODYPUMP ●

19.15 BODYCOMBAT

### WEDNESDAY

Time Class

06.30 HIIT

09.00 Sh'Bam \*New\*

09.30 BODYATTACK

10.30 BODYPUMP ●

17.15 Express Yoga

17.45 Pilates

18.30 GAZCAMP

19.20 BODYPUMP ●

19.30 AQUA

### THURSDAY

Time Class

09.30 BODYCOMBAT

10.30 BTT ●

11.30 AQUA

13.00 Pilates

18.15 Spin ●

19.00 Pilates

20.00 Circuits \*New\*

### FRIDAY

Time Class

06.30 HIIT

09.00 Power Abs

09.30 BTT

10.20 Yoga

11.30 Zumba

### SATURDAY

Time Class

08.00 Yoga Infusion

09.00 Pilates

10.00 BODYATTACK

### SUNDAY

Time Class

09.30 BODYCOMBAT ●

10.15 BODYPUMP ●

11.00 GAZCAMP

● 45 minute class



CLASS	DESCRIPTION	INTENSITY
AQUA	Cardio	Medium
BODYATTACK	Cardio	High
BODYBALANCE	Mind and Body	Medium
BODYCOMBAT	Cardio	High
BODYPUMP	Conditioning	High
BTT	Conditioning	Medium
Circuits	Cardio	High
FitSteps	Dance	Medium
GAZCAMP	Cardio	High
HIIT	Cardio	High
PAD's	Conditioning	High
Pilates	Mind and Body	Medium
Power Abs	Conditioning	Medium
Sh'Bam	Cardio	High
Spin	Cardio	High
Yoga	Mind and Body	Medium
Zumba	Dance	Medium



All members will receive online login details to book classes online once they join.

Book your class online or call the club on

**0131 335 8010**

or email: [leisure@dalmahoyhotelandcountryclub.co.uk](mailto:leisure@dalmahoyhotelandcountryclub.co.uk)



**DALMAHOY**  
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