

FITNESS TIMETABLE - SUMMER/AUTUMN 2019

FITNESS & WELLBEING CLASS TIMETABLE

MONDAY

Time Class

06.30	HIIT
09.00	Power Abs
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
10.15	Pilates
11.00	Pilates
11.45	FitSteps
18.00	Power Abs
18.30	BODYPUMP ●
19.15	BODYCOMBAT

WEDNESDAY

Time Class

06.30	HIIT
09.00	Power Abs
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
08.45	Pilates
09.30	Pilates
10.15	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
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



DALMAHOY
HOTEL & COUNTRY CLUB
EDINBURGH