

the Club

CLASS TIMETABLE

the Club:
eat, exercise & relax

DAY	TIME	CLASS	INSTRUCTOR
Monday	9.45am - 10.45am	Pilates	Gail
	10.10am - 10.55am	Aqua	Barbara
	11am - 11.45am	Aqua	Barbara
	5.30pm - 6pm	Metafit	Gemma
	6.15pm - 6.45pm	Piyo	Gemma
	7pm - 7.45pm	Indoor Cycling	Alan
	7.50pm - 8.50pm	Core Pilates	Angie
Tuesday	9.30am - 10.15am	Zumba 4 All	Julie
	5.30pm - 6.30pm	Indoor Cycling & Abs	Cleo
	6.45pm - 7.30pm	Boxfit	Cameron
	7.30pm - 8.30pm	Callanetics (£)	Amy
Wednesday	10am - 10.45am	Aqua Aerobics	Mel
	11am - 11.45am	Aqua Aerobics	Mel
	2.30pm - 3.30pm	Yoga	Suthesh
	5.30pm - 6.15pm	Pump it	Angie
	6.15pm - 7pm	Circuits	Cameron
	7.15pm - 8.15pm	Legs, Bums, & Tums	Lyndsey
Thursday	5.30pm - 6.15pm	P90X	Cleo
	6.15pm - 7.15pm	Pilates	Gail
	7.15pm - 8pm	Kettlercise	Clair
Friday	9.30am - 10am	Flexi-Fun	Gemma
Saturday	9.15am - 10am	Indoor Cycling	Cleo
	10.15am - 11am	Boxfit	Cameron
Sunday	10.15am - 11am	Insanity	Karl

Please arrive at least 5 mins before your class to secure your place.
Class bookings can be made at reception **0131 344 7373**.

Bookings can be made up to 7 days in advance.
No answer machine message can be accepted.
If you need to cancel, please give as much notice as possible.
Classes with a (£) will be an extra cost.