



CAMERON CLUB
LOCH LOMOND

GROUP EXERCISE TIMETABLE

JANUARY 2017 – MARCH 2017



DAY	CLASS	TIME	LOCATION
MONDAY	Kettlebells	0645-0730	Aerobic Studio
	Group Cycle	0930-1015	Aerobic Studio
	Pilates	1030-1130	Aerobic Studio
	Tai Chi	1130-1230	Holistic Studio
	Easy Exercise	1200-1230	Aerobic Studio
	MetaFit	1730-1800	Aerobic Studio
	Body Pump	1815-1915	Aerobic Studio
	Yoga	1900-2000	Holistic Studio
	Body Combat	1930-2030	Aerobic Studio
TUESDAY	Group Cycle	0645-0730	Aerobic Studio
	Omnia	0915-0945	Aerobic Studio
	Yoga - Intermediate	0930-1030	Holistic Studio
	Body Pump	1000-1100	Aerobic Studio
	Yoga	1045-1145	Holistic Studio
	Group Cycle - Beginner	1730-1800	Aerobic Studio
	Body Combat	1815-1900	Aerobic Studio
	Body Balance	1900- 2000	Aerobic Studio
	MetaFit	2000- 2030	Aerobic Studio
WEDNESDAY	MetaFit	0645-0715	Aerobic Studio
	Kettlebells	0930-1015	Aerobic Studio
	Pilates – Intermediate	1030-1130	Aerobic Studio
	20/10	1730-1800	Aerobic Studio
	Tai Chi	1800-1900	Holistic Studio
	Pilates – Beginner	1800-1900	Lomond Suite
	Body Combat	1815-1915	Aerobic Studio
	Pilates – Intermediate	1900-2000	Lomond Suite
	Body Pump	1930-2030	Aerobic Studio
THURSDAY	Group Cycle	0645-0730	Aerobic Studio
	MetaFit	0930-1000	Aerobic Studio
	Aqua Aerobics	0930-1030	Flume Pool
	Pilates – Intermediate	1030-1130	Aerobic Studio
	Group Cycle	1800-1845	Aerobic Studio
	Omnia	1900-1930	Gym
	Express Body Pump	1900-1930	Aerobic Studio
	Body Balance	1935-2020	Aerobic Studio
FRIDAY	Instructors choice	0645-0730	Aerobic Studio
	Omnia	0910-0940	Gym
	Body Combat	0945-1045	Aerobic Studio
	Body Balance	1045-1145	Aerobic Studio
	Easy Exercise	1145-1230	Aerobic Studio
	MetaFit	1745-1815	Aerobic Studio
	Gym Box	1815-1845	Aerobic Studio
	Kettlebells / Core	1845-1930	Aerobic Studio
SATURDAY	MetaFit	0715-0745	Aerobic Studio
	Group Cycle	0800-0845	Aerobic Studio
	Body Pump	0900-1000	Aerobic Studio
	Body Combat	1015-1115	Aerobic Studio
	Boxing	1400-1500	Aerobic Studio
SUNDAY	Circuits	0930-1015	Aerobic Studio
	Group Cycle	1030-1115	Aerobic Studio
	Core Conditioning	1115-1130	Aerobic Studio

To book a class call 01389 722 505 or Ext 505.

£5 charge per class for Hotel and Lodge Guests.

Refer to the notice boards for regular updates of classes.

Please note our Wednesday night Pilates class at 6pm will be a permanent beginner's class.