



FITNESS CLASSES TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SESSIONS	Core & Strength Class 10:00 - 11:00 Instructor: Raasay	Bootcamp 06:30-07:30 Instructor: Raasay	Core & Strength Class 10:00 - 11:00 Instructor: Raasay		Fitness & Strength Classes 07:30-08:30 Instructor: Raasay
AFTERNOON SESSIONS			Yoga Classes 15:00-17:00 Instructor: Susie		Yoga Classes 15:00-17:00 Instructor: Susie
EVENING SESSIONS	Ballroom Dance Classes 19:00 - 20:00 Instructor: John				
NEW MEMBERS ORIENTATION	New members Gym Orientation Contact Raasay				

Only core, strength & Yoga classes are complimentary
Strict Covid-19 regulations apply

Please note: No classes will take place on a public holiday.
 Ballroom Dance lessons are at a cost to members.
 Fitness & Strength classes are at cost to members.
 To make bookings please contact the instructors directly

Bootcamp/Classes
 Dance
 Yoga

Raasay Waters
 John Hamman
 Susie Fletcher

079 814 5650 raasay37@gmail.com
 072 203 6581 info@johnhammanballroom.com
 082 777 4405 doodfletcher@gmail.com