



FITNESS CLASSES TIMETABLE

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

	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		

OTHER FITNESS CLASSES

MORNING SESSIONS					
EVENING SESSIONS	Ballroom Dance Classes 19:00 - 20:00 Instructor: John				
NEW MEMBERS ORIENTATION	New members Gym Orientation Contact Raasay				

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

Bootcamp/Classes
Dance

Raasay Waters
John Hamman

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