

# FITNESS CLASSES TIMETABLE

Complimentary Classes for Members - *Strict Covid-19 regulations apply*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SESSIONS		Bootcamp 06:30-07:30 Instructor: Raasay			
AFTERNOON SESSIONS	Core Class 10:30 - 11:30 Instructor: Raasay	Mobility Class 10:30 - 11:30 Instructor: Raasay	Fitness Class 10:30 - 11:30 Instructor: Raasay	Aqua Aerobics 11:00-12:00 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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