

# the Club

## CLASS TIMETABLE

the Club:  
exercise & relax

DAY	TIME	CLASS	INSTRUCTOR
Monday	9.15am - 10.00am	Pilates	Nathalie
	10.45am - 11.30am	Sculpt and Tone	Carol
	11.00am - 11.45am	AquaFit	Grant
	5.45pm - 6.15pm	Metafit	Gemma
	6.30pm - 7.00pm	Piyo	Gemma
Tuesday	9.15am - 10.00am	Zumba 4 All	Carol
	10.15am - 11.15am	Stretch for Mobility	Fiona C
	5.45pm - 6.30pm	Spin	Cleo
Wednesday	11.00am - 12.00pm	Pilates	Fiona M
	6.00pm - 6.45pm	Circuits	Cameron
	7.15pm - 8.00pm	LBT	Lynsey
Thursday	11.00am - 11.45am	Aqua Zumba	Carol
	5.30pm - 6.30pm	Spin and Conditioning	Cleo
	6.45pm - 7.45pm	Pilates	Gail
Friday	9.15am - 9.45am	Flexi Fun	Gemma
	10.15am - 11.00am	Zumba	Carol
Saturday	9.15am - 10.00am	Spin	Cleo

### THE NEW CLASS PROCESS

After you have made a booking for a class session you will need to follow the new process for arriving.

#### Arriving

- Please arrive ready to exercise.
- Please wear your face mask in the public areas at all times
- Ensure that you use the hand sanitiser station at the entrance to the club
- Please follow the floor directions and keep to the left when moving around the facility.
- You must arrive on time and not before
- We cannot admit you into the gym if you arrive more than 10 minutes late from your booking slot.
- Come to the Club reception as normal. Your access card will allow you entry into the gym as normal

Bookings can be made by contacting us on **0131 344 7373**

Class bookings can be made up to 7 days in advance.

If you need to cancel, please give as much notice as possible.

